Calgary metro

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Calgary metro

Your essential daily news | WEDNESDAY, JANUARY 25, 2017 | High 2°C/Low -6°C Mostly sunny

OSCARS NOT-SO-WHITE

metroLIFE

WE WANT ANSWERS

Trudeau takes tough questions in unfriendly territory metroNEWS

Justin Trudeau takes questions at a town hall meeting in Calgary, Tuesday.
THE CANADIAN PRESS

Reconciliation Bridge

Real change must follow symbolic change
metroNEWS

PSA FAIL

Transportation's tweet causes uproar
metroNEWS

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metro NEWS

Your essential daily news

DC Comics threatens to sue Vancouver Realtor and self-anointed superhero. **Business**

City pitches plan to turn cubicle into residential

HOUSING

Other cities are finding success following the conversion

Brodie Thomas
Metro | Calgary

Calgary's core has a glut of office space right now, but what if some of those cubicles were better used as living rooms?

At city council Monday night, as Calgary Economic Development president and CEO Mary Moran made her pitch for an economic summit to tackle that issue, she gave an example of a strategy that's been used in other cities: turning office buildings into residential space.

Moran said it's just one idea that's been floated by CED's real estate experts, and she thinks the idea could work well in Calgary.

"If you think about young workers, they don't necessarily want to have a white picket fence, own a car, or have a driveway to shovel," said Moran.

She points to East Village's success thus far as proof of that. She said they're crunching numbers on how converting old offices to residential might work here.

This old fire hall was converted into office space. Now turning office space in older buildings into living space is being looked at by Calgary Economic Development. ELIZABETH CAMERON/METRO

"The economics of it are not easy, by any stretch of the imagination," said Moran. "So now we're at the stage of exploring what happened in other cities and did government play a role in that conversion."

The complaint of Calgary's downtown closing up shop after 6 p.m. is not new, and Moran said upping residential density will be one way of combating that.

She held up Pittsburgh as an example of a city that has successfully turned some of its older buildings into residential space.

Dr. Michael Glass with the Urban Studies Program at the University of Pittsburgh, said the practice has successfully revitalized parts of the city's downtown.

> **The economics of it are not easy, by any stretch of the imagination.**
> Mary Moran

"For instance, there's a cultural district that links one big avenue that contains a lot of performing arts spaces to the convention centre and the downtown core," he said. "And that is a site where a lot of formerly commercial space has a lot of loft apartments."

He said empty nesters are moving back into these spaces.

Glass explained that to get the work done, the city often declared buildings as "blighted," and that opened up developers to federal grants from the Environmental Protection Agency.

Grants aside, Glass said it's often cheaper to use what's there, not to mention preserving the city's history.

"Rehabilitating an existing building — if it's not in terrible shape — is going to be a lot more cost effective than going though the entire permitting-destruction-construction-leasing process."

WOMEN'S MARCH

Charges in Rebel assault case

Alex Boyd
Metro | Edmonton

Edmonton police have laid charges in relation to an alleged assault at the Women's March on Saturday.

Jason Dion Bews, 34, is charged with assault and uttering threats.

Police declined to give any more information before Metro went to press.

The complainant is Sheila Gunn Reid, a contributor for Rebel Media, an online outlet devoted to right-wing commentary, activism and reporting.

In a video released by The Rebel, Gunn Reid is seen attempting to interview an attendant at the rally, which drew more than 2,000 people to support American protesters opposed to the presidency of Donald Trump. The man asks her several times to "go away," then threatens to break her camera when she doesn't.

The video then appears to show the man shoving his hand into the camera lens. He melted into the crowd afterward, with no one attempting to stop him.

"He just hit me in the face!" Reid says, attempting to follow the man.

Following the altercation, Rebel Media offered a $1,000 reward for anyone with information about the "NDP thug."

The Edmonton police also launched an investigation, which led to Tuesday's charges. WITH FILES FROM THE CANADIAN PRESS

Items seized from Garland farm

TRIAL

Police found handguns, handcuffs, lock picking tools

Lucie Edwardson
Metro | Calgary

Evidence seized from Douglas Garland's home in July 2014 included dozens of handcuffs, restraints and weapons including knives, scalpels, ammunition and guns, court heard Tuesday.

Douglas Garland, 56, is charged with three counts of first-degree murder for the apparent June 2014 slayings of Alvin and Kathy Liknes and their five-year-old grandson Nathan O'Brien.

The Crown said on day one of the trial that they intend to prove Garland killed the Likneses because of a nearly seven-year-old grudge stemming from work Garland did on an oil and gas pump for Alvin "that never made any money and never made anyone famous."

Oxton said during their investigation they seized "in excess of 1,400 exhibits," more than he had ever seized in any investigation.

He told court of combing the Garland farm with investigators, "shoulder to shoulder on their hands and knees." At one point he said he found what appeared to be charred flesh.

"Red liquid rubbed off into my glove," Oxton said, adding it later tested positive for blood.

Items found at the farm include knives of varying sizes as well as a hacksaw and blades that Oxton said looked out of place.

"It appeared to be very clean...very shiny," he said, noting the other items found in that area were covered in dust, and adding that the item was then sent away to the lab for DNA testing.

Meat hooks discovered on the farm were also shown in court. The Crown said in their opening statement that DNA of Kathy Liknes was found on these hooks.

Boxes containing restraints of all kinds – metal, leather and cotton—were also seized, along with boxes of ammunition, three handgun bodies and keys, lock parts and lock picking tools.

Disturbing books, including one titled Be Your Own Undertaker: How to dispose of a Dead Body, and receipts for adult diapers (one was also found in the office) were located in Garland's office, as well as a number of documents with name Matthew Kemper Hartley on them.

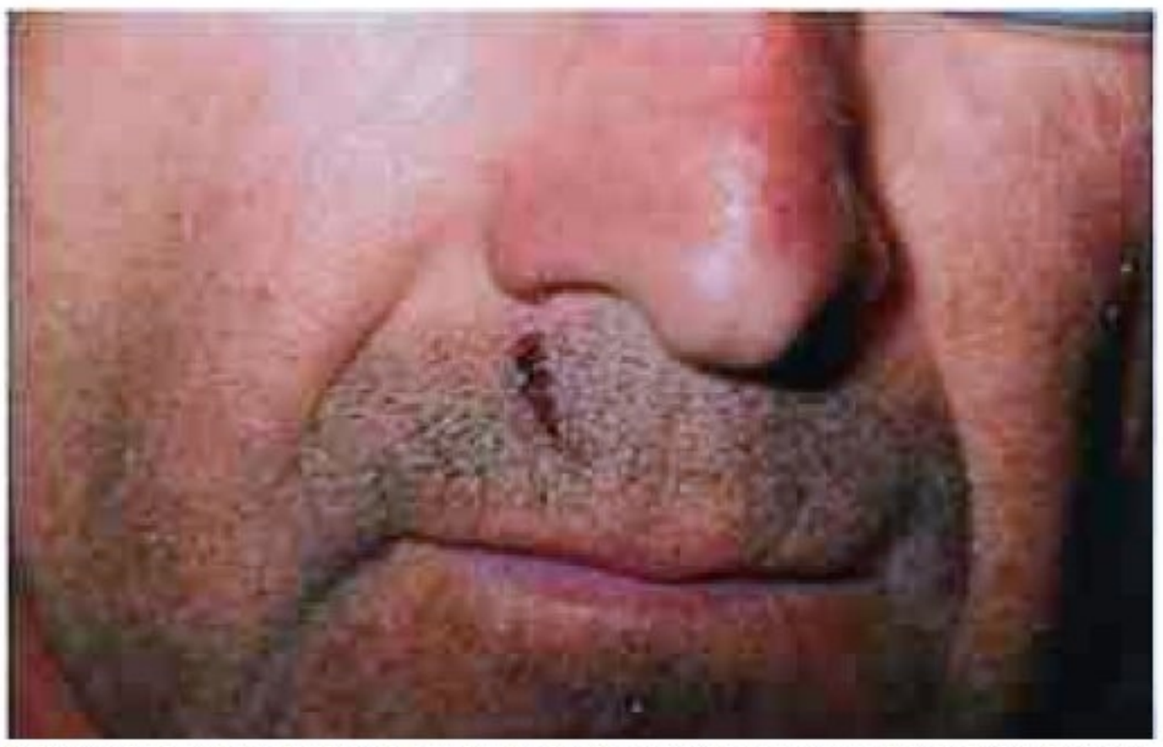
With the help of CBSA, Oxton told court they also discovered a hard drive hidden in the basement rafters—something the Crown said in their opening statement, contains more than 200 GB of Garland's research pertinent to the crime.

Court also heard from Const. David Blackwood who photographed and seized Garland's clothes at arrest.

The photos indicated Garland had a cut above his right lip and on the top right side of his forehead, as well as a badly bruised right knee and cut thumb.

Photos shown in the courtroom pictured a worn pair of mostly white running shoes.

Sgt. Lynn Gallen, forensic crime-scene officer and expert in footwear and footwear impressions, testified Friday in the trial about bloody footwear impressions found at the Liknes home — a potential match to a Dr. Scholls Delta 2 W13 shoes similar to the ones seized by police.



Police took photos on the day of Douglas Garland's arrest to note some of the injuries they saw on his body including a bruised knee, a cut on his head and this cut above his lip. CONTRIBUTED

The shoes Calgary police seized from Douglas Garland upon his arrest. CONTRIBUTED

The office of Douglas Garland where numerous disturbing books, including Be Your Own Undertaker: How to dispose of a Dead Body, were found, along with financial records with the name Matthew Kemper Hartely and other items — all seized by police. CONTRIBUTED

PC Alberta

NOTICE OF DELEGATE SELECTION MEETING FOR PCAA LEADERSHIP

CALGARY – CURRIE

Date: Wednesday February 8, 2017
Time: 7:30 PM
Location: Marda Loop Community Association
3130, 16th Street SW, Calgary Alberta, T2T 4G7

If you want to become a delegate for the upcoming PCAA leadership convention in Calgary, Alberta on March 17-19, 2017 please send a notice of interest to your DRO, Susan Elliott at catalyst.mgt@shaw.ca by February 1, 2017 by 12:00pm (noon).

In order to be a delegate nominee or voting member, you must attend the meeting in person, meet all eligibility requirements and hold a membership for at least 14 days prior to the meeting date (11:59pm on January 24, 2017). As well, those wanting to be a delegate nominee will be asked to speak at the meeting.

More details available at www.pcalberta.org

TRANSPORTATION

Cabbie hoping to change bylaw, shelve taxi plates indefinitely

Helen Pike
Metro | Calgary

It's no surprise that Calgary's cab industry is hurting.

Picture a mix of the economic tough times, layoffs, lack of airport trips, increased cabs on the road and new transportation network competition.

For 2016, the city's reporting a drop of more than 450,000 trips over 2015, and average hourly revenue is down to $14.95 from $17.55 in 2014.

On Wednesday, the Livery and Transportation Advisory Committee will discuss the merits, if any, of allowing taxi license owners the privilege of shelving their plates until things bounce back and they're prepared to return to the industry.

A submission, penned by driver Jatinder Cheema, asks the advisory committee to consider changing the current livery bylaw, which states drivers must use their plates 250 days out of the year, and opt for an approach that would allow some in the privileged plate-owner positions to take a break.

"In the current economic climate, demands are much slower and additional supply continues to come online through the release of non-transferable taxi plate licenses, and the introduction of Transportation Network Companies (TNCs)," wrote Cheema. "Overall, the purpose of this submission is that there should be enough business available.... That is currently not the case and I don't think in the current economic downturn adding more plates will help drivers to make both ends meet."

The bylaws state that drivers must notify the Livery Inspector if their plate isn't used for more than 30 days and "surrender" it to the inspector for the period it's not in use.

Although some plates are transferable, and owners can arrange subleases, Cheema's letter suggests this isn't ideal.

"There is very little incentive to do so without engaging in illegal subleasing," he writes.

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Cheers, jeers for Trudeau

TOWN HALL

PM taken to task for earlier comments

Prime Minister Justin Trudeau launched an impassioned defence for balancing the environment and economy at a raucous town hall in the heart of oil country.

A man wearing a shirt with "I Love Oil Sands" written on it and a hat emblazoned with U.S. President Donald Trump's "Make America Great Again" campaign slogan took Trudeau to task for earlier oilsands comments.

At a town hall in Ontario earlier this month, Trudeau was criticized for saying the oilsands would need to be phased out eventually and at the close of a Calgary cabinet retreat earlier Tuesday, he said he misspoke.

The questioner at the Calgary town hall accused the prime minister of making inconsistent statements depending on whether he was in eastern or western Canada and asked whether he was confused or a liar.

Trudeau said even former Conservative prime minister Stephen Harper recognized the world would have to get off of fossil-fuel energy eventually.

He asked the crowd of more than 1,700 to put up their hands if they think climate change is real and virtually everyone did.

THE CANADIAN PRESS

Prime Minister Justin Trudeau speaks at a town hall meeting at the University of Calgary.

TODD KOROL/THE CANADIAN PRESS

OILSANDS

PM says he misspoke on oilsands

Prime Minister Justin Trudeau says he misspoke earlier this month when he talked about phasing out the oilsands.

He says petrochemicals from the oilsands will always be valuable — even though the world is moving away from fossil fuels.

Trudeau angered many in Alberta when he told a town-hall meeting in Ontario that the oilsands need to be phased out.

Alberta Opposition Leader Brian Jean responded by saying that Trudeau would have to go through him and four million other Albertans first.

Trudeau says he understands that critics will always try to jump on his words, but points to his approval of pipeline projects needed to develop the oilsands.

The prime minister met with his cabinet in Calgary Tuesday and appeared at a town-hall meeting planned for the evening at University of Calgary.

THE CANADIAN PRESS

CHILDREN

Father pushing hard for Serenity's Law to be passed

Lucie Edwardson
Metro | Calgary

A Calgary father who's daughter died after going into medical distress at a day home more than a year ago, is throwing his support behind a law that would legally obligate adults to report any potential child abuse or harmful situations to police.

The owner and operator of the unlicensed day home Ryan McGrath's twin toddlers were attending has been charged in connection with the death of his daughter, Ceira Lynn, after allegedly leaving her unattended in a car seat back in November, 2015.

Serenity's Law, put forward by Progressive Conservative MLA for Calgary-West, Mike Ellis, would legally require adults to report if any child was in harm or face up to six months in jail and a $10,000 fine.

McGrath said when he found out there wasn't such a law already he was "blown away," and said he will now do whatever it takes to get it through the legislature.

Ceira McGrath died after allegedly being left unattended in a car seat at her unlicensed day home in Nov. 2015. CONTRIBUTED

"My family absolutely supports this law. Anything Mike needs from us, we would be there," McGrath told Metro.

"I'll holler from the rooftops to get this through."

McGrath said maybe if Serenity's Law already existed his daughter might still be alive.

Ellis said he's hopeful Serenity's Law will pass.

"If this means saving kids' lives, we need to pass it."
Mike Ellis

"If this means saving kids lives we need to pass it," he said.

Ellis said in cases like that of Serenity, Ryan Lovett and Alex Radita as examples, other adults were present who should have stepped in.

"They were aware these children required immediate intervention and help and did nothing, so that is why this has come about," he said.

Ellis said support from families like the McGraths is invaluable.

"There is nothing more important than doing whatever we can to ensure the safety of children and learning from past mistakes," he said.

"Knowing that Mr. McGrath is there to support me and work with me to get this legislation through — I am truly humbled."

Alberta Transportation posted a graphic of a pedestrian being struck in an intersection. COURTESY/ ALBERTA TRANSPORTATION

'Offensive' image pulled

PEDESTRIANS

Outrage over PSA graphic used to raise awareness

Helen Pike
Metro | Calgary

Shocking, and asinine.

Aside from the online response blasting Alberta Transportation for a tweet most are calling misguided at best — Calgary's vision zero community has some major concerns with a government-released depiction which has been taken offline after backlash.

In the cartoonish picture, a crash-test dummy in a vehicle strikes a crash-test pedestrian in a marked crosswalk — all the while a crash-test dummy with a walker looks on with question marks in the air.

A PSA, not for motorists, but for pedestrians reads: "Pedestrians, Pay Attention! Pedestrians have the responsibility to cross safely. Consuming alcohol or using electronic devices increases your risk of injury when crossing."

In a statement from Adam Johnson with the department, he explains the graphic was used to raise awareness for "intersection safety month."

"It was designed to raise awareness about pedestrian safety," wrote Johnson. "It was meant to remind pedestrians that, though they may have the right of way, driver behaviour cannot be guaranteed and pedestrians can stay safe by being alert and paying attention to their surroundings. Unfortunately the graphic did not convey the message intended, and has been deleted."

If you haven't seen it, the crossing victim is listening to music, looking at its phone and consuming an open bottle in the crosswalk — all while the driver stares at the viewer with a thumbs up gesture.

"It was rather shocking," said Kimberley Nelson, a member of Vision Zero Calgary. "The wording is pretty asinine. Everything about it is rather offensive."

Nelson said she does think it's important for pedestrians to pay attention, and practice the 'point, pause, proceed' mantra before setting foot in a crosswalk.

In Calgary, the first pedestrian death of 2016 was in February, when a 66-year-old woman was crossing Centre Street North. At the time, police said the crosswalk's lights were in working order, and neither speed nor alcohol were considered factors in the crash. There were numerous pedestrian deaths last year.

Seven years ago, though not in a marked crosswalk, Laura Combden's boyfriend made a crossing decision on the coldest day of the year. He was hit, and died.

"It was during rush hour, it was minus 40 that day, and neither driver or pedestrian saw each other," Combden said. "The police, when they came to my house to discuss the accident, they weren't very sensitive and implied they hadn't got his alcohol level back yet."

She said she was taken aback. He left at six in the morning to go to work. Although he chose to skip the crosswalk and continue walking before crossing midstreet, she knew he hadn't consumed any alcohol before she kissed him on his way to work.

"This picture, it's quite ignorant," Combden said. "Blame doesn't solve anything, blame is one of the first responses people have in these scenarios, and in placing blame nothing ever gets fixed."

She said she's been watching pedestrian crashes for seven years, and blame comes up, but design solutions don't.

The City of Calgary is working on known problem areas.

EDMONTON

No to taxation changes disappointing

Jeremy Simes
Metro | Edmonton

City staff are "disappointed" the province turned down 80 per cent of their requests to change the Modernized Municipal Government Act — tweaks they say would have saved taxpayers a lot of money.

The city's biggest priority was changing rules that would allow Edmonton to email assessment and taxation notices. It's a small thing with big potential savings, staff told council Tuesday.

Current provincial law says such notices must be printed and physically mailed, and the Alberta government turned down the city's request to change that.

That's a lot of money Edmonton could be saving on printing costs, according to Iveson.

He told reporters Tuesday that moving away from paper statements could save the city hundreds of thousands of dollars, and potentially millions of dollars over time.

"Even though we didn't get all of the things that we asked for — and 80 per cent seems like a big number — a lot of those were very, very technical changes to some of the rules around assessment and taxation," Iveson said.

"We'll take one more push at them because they can save taxpayers and the City of Edmonton money without compromising the fairness and the integrity of the assessment and taxation process."

During council, city staff said the recommendations aren't contentious and would strengthen the current legislation.

The province is in the process of revamping the Municipal Government Act to, among other things, give cities new powers, something Mayor Don Iveson has long supported.

But the city's disappointment Tuesday comes at a time when officials have been actively trying to reduce tax increases.

‘Reconciliation’ name for bridge not enough: First Nations advocates

RIGHTS

Indigenous peoples want city to act on housing, funds

Helen Pike
Metro | Calgary

The renaming of this bridge to become Reconciliation Bridge is the only suggestion the city has implemented from the White Goose Flying Report, which city councilors unanimously approved last year. ELIZABETH CAMERON/FOR METRO CALGARY

A bridge renaming, in it’s symbolism, has raised questions from Calgary’s Indigenous community about action, support and funding towards reconciliation.

Although ridding ye-olde Riverside Bridge from the Langevin name is seen as a fantastic gesture, a more tangible reconciliation act should follow.

The city’s White Goose Flying report, which councillors approved unanimously in 2016, had several municipally-applicable Truth and Reconciliation Commission asks. but so far, the bridge renaming is one of the only actions that’s been moved on.

It’s still early.

Coun. Brian Pincott explains this is just a diving off point on the city’s part. What needs to happen next, is participation from all three orders of government to move towards real change.

“We need to get change on the ground beyond naming the bridge, and doing things beyond recognizing the territories we’re on,” said Pincott.

“A big place we can play, and we’re trying to figure out how to partner with, is around affordable housing.

“When it comes to homelessness and housing, the aboriginal population in Calgary has been left out of the conversation.”

A lack of money has impacted local friendship centres, and Pincott is in talks with the federal government to reinstate the needed cash.

As Lorna Crowshoe with the City of Calgary noted to Metro in an email Friday, the Calgary Aboriginal Urban Affairs Committee (CAUAC) is prepping an implementation report for council.

“We have not finalized any items regarding funding or any other details until we have approval going forward,” she wrote, noting it’s too early to talk about what kind of funding actions will come out of the report, which had dozens of “calls to action.”

Some of the action items include poverty reduction support, programming for specific needs, affordable housing, and much more.

In particular, the report points out funding needs for healing centres.

INVESTIGATION

Man dies in hospital of gunshot wound

Homicide detectives are investigating after a man with an apparent gunshot wound was dropped of at a city health clinic and later died of his injuries.

Police were called by medical staff at the Sheldon Chumir Centre around 9 p.m. Monday after a man with a gunshot wound was dropped off at their location. According to police, another man fled from the clinic and made his escape in a white Pontiac G5.

The victim, a man in his 20s, was taken to hospital where he later died.

Later in the evening, police located along 17 Avenue SW what they believe is the same vehicle that fled from the clinic. One man was taken into custody for questioning. Police don’t know if that person has anything to do with the incident.

The man released from custody early Tuesday morning.

An autopsy has been scheduled for later Tuesday.

Anyone with information is asked to call police at 403-266-1234. METRO

PC Alberta

NOTICE OF DELEGATE SELECTION MEETING FOR PCAA LEADERSHIP

CALGARY – GREENWAY

Date: Monday February 13, 2017
Time: 7:00 PM
Location: Don Hartman NE Sportsplex
5206 68th Street NE, Calgary

If you want to become a delegate for the upcoming leadership convention in Calgary, Alberta on March 17-19, 2017 please send a notice of interest to your DRO, Robert Sallows at R.sallows1987@gmail.com by February 6, 2017 by 12:00pm (noon).

In order to be a delegate nominee or voting member, you must attend the meeting in person, meet all eligibility requirements and hold a membership for at least 14 days prior to the meeting date (11:59pm on January 29, 2017). As well, those wanting to be a delegate nominee will be asked to speak at the meeting.

More details available at www.pcalberta.org

HEALTH

Researcher studies link between sports, addiction

Alex Boyd
Metro | Edmonton

New research from the University of Alberta suggests there could be a potential link between sports and substance abuse.

Laurie de Grace set out to interview people recovering from substance abuse for her master’s research with the Faculty of Physical Education and Recreation — and found unexpected things.

“I was surprised by the number of participants that I had that had a strong sports background,” de Grace said.

In a paper published this month in Psychology of Sport and Exercise, she wrote that the prevalence of substance abuse in some sports communities creates a greater risk of addictions for people already vulnerable to them.

Her subjects included a former gymnast, rower and martial artist, but a significant number had played team sports — especially hockey.

And a significant number were introduced to substance abuse by their sport’s culture, she said.

A culture of substance abuse in sports could be leading to problems, researcher Laurie de Grace found. KEVIN TUONG/FOR METRO

“One fellow I spoke to said he didn’t drink or use marijuana when he joined the team, but the older guys did and it was part of them fitting in. Then they realized that when they became the older teammates, they were now setting the example for the younger guys. So it perpetuates.”

In addition to those who were introduced to substance abuse, de Grace found some respondents who’d been forced to quit their sport because of addiction issues and those who’d started using because they’d had to quit their sport.

The story is less than black and white.

The Canadian Centre on Substance Abuse recently found that sports programs can reduce substance abuse. The centre surveyed sports programs that tried to educate kids about drugs — through things like peer-to-peer education, or counselling.

The report points out that since the majority of children do some sort of sport it’s an “optimal opportunity” to reach a broad swath of them, but added there needs to be more research about how to do it effectively.

De Grace’s study is small — just 21 people participated— meaning the sample size is far too small to draw large conclusions. Still, she said it’s enough to suggest that coaches, parents and athletes should be aware.

“I would like to see at the adult and coaching level more attention paid to the example set for younger kids. You think if you get your kids involved in sports you’re preventing substance abuse. But little do they know it’s taking place right then and there.”.

metro
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A menu for all seasons

CANADIAN CUISINE

Jamie Harling willing to wait to keep Deane House local

Jennifer Friesen
For Metro

When a 16-year-old Jamie Harling was washing dishes in a camp kitchen, he didn't expect to make his way to the culinary big leagues.

But now, the executive chef at Deane House is weaving Calgary's history and landscape into his hyper-local menu.

Inglewood's historic Deane House was first built in 1906 for Captain Richard Deane. Deane's edible garden still exists on the property today, giving Harling the fresh ingredients he needs in the summer.

"I think the whole menu takes influence from the house," he said. "It's the influence of Captain Deane, his garden and the region around us."

After Harling's teenage foray into scrubbing plates, he was always drawn back to the kitchen — from grilling steak in the hustle and bustle of a busy restaurant to running a kitchen with his sister, Andrea Harling of Made Foods.

Harling took on the role of executive chef at Rouge in 2013, but a new opportunity came about when Sal Howell and the River Café team acquired the Deane House.

"I really wanted to create something new ... something different from what Calgary has seen before," he said.

> **It's about looking at the here and now and putting love into it.**
> Jamie Harling

Local and sustainable food was always the vision since Deane House opened this past September, and Harling's plates have stayed true — bringing in beef from 7K Ranch and red fife wheat from Heritage Harvest.

And, while waiting for a vegetable to come in season may be grueling, Harling says it's all worth it when it returns.

"When things come back in season, it makes you so much more excited and creative," he said. "Because not only is it something you haven't seen in a while, but when it's in season it's fresher and lighter and brighter."

Calling it "Canadian cuisine," Harling has reimagined rabbit and celery root as top-tier main courses, adding that the term not only speaks to celebrating what's in season but also celebrating influences from the past.

"It's about looking at the here and now and putting love into it," he said. "It's taking something very humble and really letting the ingredients speak from themselves."

Jamie Harling, executive chef at Deane House, has made local and sustainable food a staple in his menu. JENNIFER FRIESEN/FOR METRO

YES CHEF

Chef Harling's menu picks for eating local in winter

- Salted red cabbage, made with granny smith apples, toasted hazelnuts and chicken liver mousse

"Cabbage is something that grows really easily here, and it makes sense with all the Ukrainian and Eastern European influences in the area."

- Lacto Fermented Carrots, made with dent corn polenta, toasted hazelnuts and harissa yogurt

"Carrots are a great storage vegetable, and we use this specific corn called dent corn for the polenta, which grows in the Okanagan. It has great flavour."

- Roasted Driview Farms Rabbit Saddle, made with wild rice, Pennybun's mushrooms and pickled mustard seeds

"Rabbit is super sustainable; it has a very small carbon footprint and it's really easy to use the whole animal. It's also really lean and healthy."

AWARENESS

Great Big Sea artist talks mental health

Séan McCann is very open about his mental-health struggles.

One of the founding members of the Canadian band Great Big Sea, McCann doesn't shy away from discussing his experience being sexually abused, and later life struggles with alcoholism because of it.

It's this openness that led to McCann being named a Bell Let's Talk ambassador, and he'll be speaking about his past on Jan. 25, at Studio Bell.

"I've learned from my own experiences that secrets can kill you. And the only way to defeat a secret is to tell it," McCann said.

"It hurts every time I revisit this truth, but my shows are very happy shows. I can demonstrate quite physically, in real time, this happened, but I'm okay."

McCann points out that music has a huge power to help people. McCann is working on a new music project at the National Music Centre in fact, as one of the current Artists in Residence.

His aim is to use the historic instruments, and all the life they still possess, to record something that will reach the listeners artificial screens and into their hearts.

Séan McCann
COURTESY DAVID HOWELLS

"Music means so much to me because it saved my life. Music is medicine."

He said the first step in acknowledging a problem is talking about the truth, however hard that may be — it's the only way to start the healing.

McCann will return to the Calgary area on March 4 with a show in Cochrane.

AARON CHATHA/METRO

POLICE

Calgarian faces child porn, luring charges

A Calgary man has been charged with child luring and faces several child pornography charges after an investigation conducted by ALERT and police in Utah.

According to ALERT's Internet Child Exploitation (ICE) unit, the suspect met a 14-year-old Utah girl online through social media, and the two were involved in sexually explicit conversation.

The suspect allegedly coerced the teen into sending compromising photos.

The victim's chats were discovered by her parents, who contacted police in that state. They, in turn, contacted ALERT.

The accused was arrested at his home in Calgary's Mayland Heights neighbourhood on Jan. 19.

Police seized numerous electronic devices during the arrest.

Aaron Scott Jovanovic, 22, has been charged with two counts of child luring, making child pornography, possessing child pornography, accessing child pornography, and making explicit materials available to a minor.

METRO

Gordon Hamilton's passion is creating board games — and now he's partnered with a publisher to get projects like Santorini into the players' hands. AARON CHATHA/METRO

Independent board game breaks records

CREATIVE OUTLET

Santorini was Alberta's highest funded Kickstarter

Aaron Chatha
Metro | Calgary

It took Gordon Hamilton 31 years to get his board game Santorini into the hands of players.

The competitive city builder game was designed in the space of 30 minutes, cheekily based off a poster Hamilton spied in 1985.

"I looked at a poster of corporate executives battling it out on ladders — trying to climb skyscrapers," he laughed. "Looking at the poster, I thought, 'I can make a game out of that.'"

While he had a skill in creating puzzles and games, Hamilton's hand at marketing and publishing wasn't quite so adept.

But three decades later, the quality of the game proved itself when Hamilton teamed up with Alberta's Roxley Games and put the Santorini project on Kickstarter.

It raised $700,524, becoming the most successful Kickstarter project in Alberta's history.

The Game

Santorini sells itself on the hook, "Learn it in 30 seconds, play it for life."

Hamilton is a self-described minimalist, and designed the game to be as simple and fun as possible.

Two players face off on a tiled play area, each with two workers. On your turn, you may move a worker and create one level of the tower on their tile. The aim of the game is to create a tower three levels high, and climb to the third level of the tower. Your opponent can block your progress by capping off the third level of the tower — effectively removing it from play and forcing you to concentrate new efforts on another tile.

There are also special Greek God cards that offer special builder abilities.

The Journey

A 31-year journey doesn't come without it's sacrifices. Hamilton originally envisioned the game using Greek nudes.

Roxley, the publisher, wanted to go with a more fun, more cartoonish aesthetic — to which Hamilton eventually conceded.

"But of course, that would take away from the eight-year-olds and five-year-olds," he said.

But the heart is still the same.

Hamilton works creating puzzles for kids at Math Pickle, but his personal passion is creating board games. He's created somewhere around 50 games.

"It's a creative outlet for someone who was obviously into mathematics," Hamilton explained.

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Opponents of the Keystone XL and Dakota Access pipelines hold a rally as they protest U.S. President Donald Trump's executive orders advancing their construction, at Lafayette Park next to the White House on Tuesday. AFP/GETTY IMAGES

Keystone revived

ENVIRONMENT

Trump signs order reviving possibility of new pipeline

A zombie project that has spent years haunting Canada-U.S. relations in its never-born-yet-never-quite-dead state of perpetual limbo has just been given hope of life by new U.S. President Donald Trump.

The Keystone XL pipeline is alive — maybe.

Trump revived hopes for the dormant project Tuesday. He signed an executive order that could build the Alberta-to-Texas pipeline, the subject of a multi-year saga that cast a long shadow on bilateral relations.

He signed several executive orders related to infrastructure and construction, with the highest-profile one involving the pipeline that, if completed, would carry more than one-fifth of the oil Canada exports to the U.S.

The order invites pipeline-maker TransCanada Corp. to re-submit an application for a permit. It also encourages U.S. federal regulatory agencies to respond the opposite way the Obama administration did: favourably, and quickly, within 60 days.

"(It) directs agencies to approve it without delay," Trump spokesman Sean Spicer said Tuesday. "There's an energy revolution that's gonna happen in this country. In spite of the bureaucratic and political barriers that have happened in the past, we're ready to move forward."

The company issued a statement several hours later confirming it would re-apply: "We are currently preparing the application and intend to do so."

But it remains far from a done deal. There's ongoing uncertainty on multiple fronts — some are anticipated legal and political fights, and others are less-predictable wrinkles introduced Tuesday by the president himself.

The White House said its executive orders insist on two things: a better Keystone deal for U.S. taxpayers, and pipes made from U.S. steel, which could be problematic given that the parts for Keystone were already purchased, and they include mostly foreign steel.

"We're going to renegotiate some of the terms," Trump said, as he signed the presidential order. THE CANADIAN PRESS

ALBERTA

Prime Minister Justin Trudeau says a successful Keystone XL pipeline would mean a stronger economy for Canada.

Speaking in Calgary after a cabinet retreat, Trudeau said: "In both the conversations I've had with President Trump now Keystone XL came up as a topic and I reiterated by support for the project."

"I've been on the record for many years supporting it because it means economic growth and good jobs for Albertans."

GOVERNMENT

Notley welcomes approval of Keystone

Alberta Premier Rachel Notley says she welcomes approval of the Keystone XL project, but says her focus remains on pipelines to ports in Canada.

Notley says much of Keystone is out of Canada's hands, given the pipeline runs through the United States to ports and refineries in Texas.

She also notes the TransCanada Corp. line is far from Alberta's priority export market in Asia.

U.S. President Donald Trump has signed an executive order reviving the controversial pipeline, which would take Alberta crude to the Gulf Coast.

Former U.S. president Barack Obama rejected Keystone, in part over environmental concerns.

Notley has been criticized for not promoting Keystone more, but she says while she has not been against the project, her focus has been on refining and promoting markets in Canada.

Trump's government has said he will look at renegotiating the terms of the deal, including using U.S. steel in construction.

Notley said she will keep a close eye on that.

"It comes down to what is meant by renegotiating those terms," said Notley.

"We need to look into that and monitor that very closely, and we will continue to do so on behalf of Alberta industry and Alberta interests."

THE CANADIAN PRESS

Alberta Premier Rachel Notley THE CANADIAN PRESS

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Tiny numbers make big impact

ACTIVISM

Women's march in small town an internet sensation

When Gwen Wilson and Melissa Merritt decided at the last minute to organize their own women's march, they were prepared to be the only ones trudging down the sole road in their rural Nova Scotia village on a grey, drizzly Saturday.

The two women who live on the Digby Neck peninsula both wanted to participate in one of the marches to support women's rights, but would have had to travel almost three hours to get to the closest one in Halifax.

So less than 24 hours before millions of people took to the streets around the world, they issued a call to the 65 year-round residents in Sandy Cove and others in villages that dot the peninsula to join them for their own march, expecting they might be alone in their activism.

When they assembled at the meeting spot — a school in Sandy Cove that has 22 students — they were stunned to see about a dozen other women, two men and a few children ready to go.

"We were ecstatic and were like, 'Oh my gosh, there's another truck coming in!"' Wilson exclaimed Tuesday. "It was just a wonderful, joyful feeling of, I don't know — it's almost indescribable the feeling that you have when people chose to participate with you and you don't even know some of them."

What's more, Wilson says they have been overwhelmed by the response to an eight-second video posted on their Facebook site that shows the 15 marchers laughing and ringing bells as they walk along an empty road that cuts through the fishing community. From a distance, the group can be seen marching down a steep hill and then up another to the fire hall, waving their banners as they slosh through puddles.

> **Sometimes the one lone voice is much louder than the millions.**
> Facebook comment

The video has become an Internet darling, garnering more than 150,000 views, 500 comments and almost 3,000 shares.

"Your march touched me more than any of the others I've seen. It's so often we feel we are too small to change anything. Sometimes the one lone voice is much louder than the millions. Thank you!" one woman wrote on the Facebook page.

Another said: "My boyfriend and I drove from NYC to DC to participate in the March. Now I wish I had come to Sandy Cove to march with you. Way to go!"

THE CANADIAN PRESS

People take part in a women's march in Sandy Cove, N.S., on Saturday. THE CANADIAN PRESS

ENVIRONMENT

Greenpeace says lawsuit amounts to 'brute force'

A $300-million lawsuit filed by a multinational forest giant against Greenpeace under American racketeering laws enacted to deal with organized crime is simply an intimidation tactic that would set a dangerous precedent if successful, the environmental group argues in new court filings.

In calling on a court in Georgia to toss out the suit, Greenpeace says Resolute Forest Products is trying to silence critics of its logging practices in Canada's boreal forests. The approach, Greenpeace says in its filings, puts all public-interest advocacy at risk.

"Allowing this threatens to open the floodgates for any plaintiff who disagrees with positions that any advocacy groups might take," the filing states. "The collective burden on advocacy groups and the courts and the injury to open, public debate, could be extreme."

THE CANADIAN PRESS

JUSTICE

B.C. launches aboriginal family court program

British Columbia hopes to reduce the over-representation of indigenous children in government care with a new aboriginal family court pilot program.

The Aboriginal Family Healing Court Conference pilot program will be based in New Westminster and limited to hearing family case conferences after an initial court hearing has already been held.

The program will include band elders in proceedings, supports families to create a healing plan with treatment options, and cultural ceremonies to mark the progress.

> **The time to reclaim our children is here and now.**
> Chief Clifford White

Chief Clifford White of the Gitxaala Nation on B.C.'s northern coast says the initiative is an aboriginal-led solution and the hope is that communities can adapt the model to use in child-welfare cases.

"The time to reclaim our children is here and now," White said in a news release.

Children's Minister Stephanie Cadieux said the project complements several recommendations made by Grand Chief Ed John in his special report issued last November on how the system is failing aboriginal children and families.

The percentage of indigenous kids in B.C.'s care has increased over the past decade, from 50 per cent in 2006 to 61 per cent last year, and Premier Christy Clark's government has faced fierce criticism on the issue.

B.C. has several First Nations courts, which handle sentencing in criminal cases in four communities across the province, and the concept of an aboriginal family court has been in development since 2012.

THE CANADIAN PRESS

NOTICE OF HEARING FOR:
PERMANENT GUARDIANSHIP ORDER TO:

Churchill Kahnapace

Take notice that on the **27th day of February 2017 at 2:00 p.m., at Calgary Family Court, Courtroom # 1208, 601 – 5th Street SW, Calgary, Alberta,** a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Permanent Guardianship Order;** of your child born on **December 16, 2016.** If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
Calgary Region, Child and Family Services
Phone: (403) 297-2978

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Canada emerges as tax haven

It's called 'snow washing,' — using our prudent reputation and solid economy to make suspect transactions seem legitimate.

Canada is quietly emerging as a popular tax haven for the global elite, who create shell companies with figurehead directors to evade or avoid taxes, a Toronto Star/CBC-Radio Canada investigation has found.

"Canada is a good place to create tax planning structures to minimize taxes like interest, dividends, capital gains, retirement income and rental income," reads a 2010 internal memo from Mossack Fonseca, the law firm behind the massive Panama Papers leak of 11.5 million documents detailing global tax avoidance and evasion.

It's called "snow washing" — using Canada's prudent reputation and solid economy to make suspect transactions seem legitimate. A sprawling international tax avoidance industry is increasingly touting Canada as a jurisdiction for hiding wealth.

And the Canadian government has made it easier than ever for criminals and tax cheats to move money in and out by signing tax agreements with 115 countries — the greatest number in the world.

Another key reason is that Canada's corporate registration systems are shrouded in the same kind of secrecy that exists in tax havens such as the British Virgin Islands, Panama and the Bahamas. Company owners who don't wish to be identified in Canadian corporate registries can pay a lawyer or a stand-in to appear on all public filings.

Mossack Fonseca actively marketed Canada as a tax haven and established shell companies here to evade taxes, according to the documents obtained by the International Consortium of Investigative Journalists.

And the discredited Panamanian firm is not alone. The Maple Leaf is emblazoned on dozens of international corporate registry websites pitching the country as a legitimate option for hiding wealth. Of greatest interest to foreign investors are Canadian limited partnerships (LPs): a corporate structure that has no tax filing requirements. Only the partners behind an LP have to file taxes, and if they're not residents of Canada, no taxes are filed here at all.

"Canada is a horrible tax haven. Everybody is now switched over from using (British Virgin Islands) companies and Cayman companies to Canadian LPs. It's like the ultimate tax haven entity in the world," said Mark Morris, an independent tax consultant based in Zurich who specializes in international tax agreements.

Tax industry insiders call Canada a "white-listed" tax destination — a kind of flag of convenience for foreign shell companies with no legitimate business operations in the country.

"You've got this entity in Canada; banks or other parties in other countries are going to presume that it's legitimate and OK — pure as the driven snow of the great white north," said Toronto tax lawyer Jonathan Garbutt.

TORSTAR NEWS SERVICE

> **It's like the ultimate tax haven entity in the world.**
>
> Mark Morris, independent tax consultant

TRUMP ADMINISTRATION DIGEST DAY 5

White House spokesman perpetuates false claims

Promoting yet another lie, Sean Spicer, the chief spokesman for U.S. President Donald Trump said Trump believes millions of illegal immigrants voted illegally in the presidential election.

This did not happen.

There were fewer than a dozen claims of voter fraud across the country. In a December legal filing arguing against a recount in Michigan, Trump's own lawyers wrote, "All available evidence suggests that the 2016 general election was not tainted by fraud."

Trump, though, is sensitive about the fact that Democratic opponent Hillary Clinton received more votes than him. He wrote on Twitter in November that he "won the popular vote if you deduct the millions of people who voted illegally," and he repeated the nonsensical claim in a private meeting with congressional leaders on Monday. TORSTAR NEWS SERVICE

Abortion ban expanded

Trump has massively expanded the ban on providing federal money to international family planning groups that perform abortions or provide abortion information to all organizations receiving U.S. global health assistance. Spicer announced Monday that the ban on family planning funding had been reinstituted.

The order directs the secretary of state, in cooperation with the secretary of health and human services, for the first time to extend the requirements in the ban "to global health assistance furnished by all departments or agencies." The ban is known as the Mexico City Policy or Global Gag Rule.

International organizations receiving U.S. funds for health programs will be required to certify that it does not provide abortion services, counselling, information or advocate for the liberalization of abortion laws, even with non-U.S. funds. If they don't, their funding will be cut off. THE ASSOCIATED PRESS

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‘Captain Vancouver’ in battle with DC Comics

TRADEMARK

‘Superhero’ realtor faces lawsuit threat

Wanyee Li
Metro | Vancouver

Ian Brett, or Captain Vancouver, says DC Comics wants him to withdraw his trademark application for “Real Estate Superhero.” CONTRIBUTED

“This is Ian, Captain Vancouver.” That’s how Vancouver real estate agent Ian Brett introduced himself when Metro reached him for an interview Tuesday.

But it’s not his Captain Vancouver persona, named after the city’s founder, George Vancouver, that has raised eyebrows at DC Comics — it’s his other claim, that he is a ‘Real Estate Superhero,’ that has the company’s lawyers threatening to sue.

According to a letter published on Brett’s website, DC Comics wants him to withdraw his trademark application for “Real Estate Superhero” and to stop using a red and yellow shield symbol, reminiscent of Superman’s ‘S’.

“While our client does not object to use of CAPTAIN VANCOUVER to promote your real estate business, use of SUPERMAN indicia and the SUPER HERO trademarks is not permissible,” stated a Jan. 9, 2017 letter from Bereskin & Parr, the Canadian intellectual property law firm representing DC Comics.

Brett’s website depicts the realtor in a blue 18th century British naval-officer outfit with a shirt underneath that features a six-point shield — but with a ‘Re’ for Realtor in it instead of an S.

But Brett, who has worked as a full-time realtor for four years, called DC Comics’ request unfair, characterizing the fight as a David and Goliath situation.

Brett told Metro he is open to negotiating with DC Comics, particularly on the shield reference. But in the meantime, he is taking a tongue-in-cheek approach to negotiating with them, writing back to Bereskin & Parr as if the firm was Superman.

He signed off on the letter with this line: “Alas Superman, fear not, you will always be the ‘Man of Steel’ just as I will always be the ‘Man of Sales’.

Bereskin & Parr did not respond to a request for comment by deadline.

ENVIRONMENT

Fracking fluids harm fish

Research has found that liquids released from fracked oil and gas wells can harm fish even at low concentrations.

University of Alberta biologist Greg Goss and his colleagues conducted a study using water that flowed from an actual fracked well.

“The real risk comes from the disposal process, where (companies) have to truck it to a new site or pipeline it to a new site,” Goss said Tuesday. His paper notes Alberta has experienced more than 2,500 such spills between 2011 and 2014.

The researchers exposed rainbow trout to “sub-lethal” levels of such fluids. The levels were intended to simulate exposure fish or other organisms would be subject to from a pipeline leak or a spill near a water body.

Even at dilutions as low as 2.5 per cent fish showed significant impact on their livers and gills. Goss calls the effect “oxidative stress.” That means chemicals in the water force liver and gill cells to age and die more quickly.

THE CANADIAN PRESS

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All submissions will be treated as confidential.

metro

HOUSING

Homebuyers widen search as prices rise, report says

High house prices in the Greater Toronto Area are spilling over into nearby markets, especially those within commuting distance, according to the latest report from Canada Mortgage and Housing Corp.

Historically, prospective homebuyers in Ontario who have found themselves priced out of the Toronto area have migrated to Hamilton, Barrie and Guelph to buy single-family homes, according to CMHC.

But the federal housing agency says that most recently people have been moving even further out, especially to the St. Catharines-Niagara region.

As the price of low-rise homes in the Toronto area has soared, house prices in nearby communities like Hamilton, Barrie and Guelph have also been driven up, said Jean-Sebastien Michel, principal of the market analysis centre at CMHC.

According to CMHC, Hamilton — roughly 70 kilometres from Toronto — is the Ontario market that’s most sensitive to housing prices within the Greater Toronto Area.

The report estimates that a one-per-cent change in GTA house prices could increase or decrease Hamilton prices by two per cent after three years.

A similar but smaller multiplier effect would be felt in Guelph, Brantford, Kitchener, Barrie, Peterborough and St. Catharines, which is about 112 km from Toronto.

Tim Hudak, CEO of the Ontario Real Estate Association, says the lack of supply is the main factor behind soaring detached home prices in the GTA.

Canada Mortgage and Housing Corp. says people are moving to nearby markets to find single family homes. THE CANADIAN PRESS

> **Allow developers to build more ‘missing middle’ housing types.**
> Tim Hudak

“The best way to ensure young families and first-time buyers have a shot at buying a home is by putting more homes on the market,” Hudak said in a statement.

“One way to increase housing stock is to allow developers to build more ‘missing middle’ housing types, like townhomes, duplexes and stacked townhomes.

“Increasing the housing stock is necessary to give buyers more options at affordable levels, in areas that make sense for them to be in.”

THE CANADIAN PRESS

metro VIEWS
Your essential daily news
Wednesday, January 25, 2017

JESSICA ALLEN ON THE POWER OF PROTEST

Public marches have meaning that lies in their symbolic power. Practical utility is not the point — though there are many examples of marches that did effect tangible change

Simon asked if I wanted him to join me at the Women's March in Toronto on Saturday. Because it was my first protest, and I wasn't sure why I felt compelled to attend, I told him that I'd like to go it alone. Besides, he could stay home to do the laundry and make dinner.

When the packed streetcar stopped in front of Queen's Park, everyone on board gasped at the sight of thousands gathered on the greens and the sound of their swelling cheers. We broke out into applause before joining them.

I overheard a father delicately explaining to his young daughter what "pussy" meant, a woman telling her group that a friend of hers in Ethiopia had travelled 90 hours to get to the Women's March on Washington, and I saw another proudly take her birth-control pill.

There were protesters carrying a black cardboard coffin with "Patriarchy" painted in white on its side. There were signs that read "I can't believe I still have to protest this sh–t" and semi-absurd ones, like "We Shall Overcomb." There were signs about feminism, racism, inclusivity and pipelines. I also saw a white woman holding an eagle feather, performing a smudging ceremony. For a moment, I understood why so many were dismissing the March as aimless.

But just as the crowd readied itself to move, I remembered something I'd read mid-week: "There's been a strong hint of gendered schadenfreude in the coverage of the march's organizational problems," Jia Tolentino wrote for newyorker.com. "This has obscured the fact that activism is internally contentious by nature. Organization is always tedious, and that's just fine … Imagine any major protest in the twentieth century promoted via Facebook. There would have been no shortage of 'infighting' enshrined on social media for everyone to see."

'What's the point?' That, I confess, is precisely the rhetorical question that had kept me away from past protests and marches.

But why did I come? The Affordable Health Care Act repeal will greatly affect my U.S. friends and their families. The day after the election was the first time misogynist tweeters took dead aim at me, as though Trump's win was permission to say publicly that people who look like me shouldn't be on television. These things troubled me. As the throng began to inch forward, my throat swelled and my eyes cracked tears. I have two jobs. Both my bosses are women. I have a stay-at-home partner. I have never been sexually assaulted. But my mother cannot say the same thing. I came for her, I told myself.

Afterwards, I floated home, where I found Simon hanging up my bras to dry. He started on dinner while I looked at social media, which was flooded with friends' celebratory images from protests in D.C., Chicago, Los Angeles, Boston, Oaxaca and Florence. Most comments were supportive. Others asked: "How can you protest Trump before he's had a chance to govern? Give the man a chance!"

Protesters at the Toronto women's march last Saturday show that they have a well-developed sense of symbolism.
JESSICA ALLEN/FOR METRO

Answering such a question is a tedious exercise, but still worthwhile: Trump has vowed to appoint Supreme Court Justices that will overturn Roe v. Wade, has bragged about committing sexual assault, and wants to defund Planned Parenthood.

If you are tired of hearing this litany of complaint levelled against the commander in chief, imagine how it must feel for women who have to go through the dirty-laundry list — to which we can now add yesterday's reinstatement of the executive order banning foreign aid to NGOs that so much as discuss abortion with patients — every time someone tells us to give him the benefit of the doubt.

And then I saw a tweet from Stephen Taylor, the former national director of the National Citizens Coalition: "Do protestors in Toronto hope that Donald Trump will say, 'Oh, I guess Toronto is upset. I'll resign tomorrow.' What's the point?"

That, I confess, is precisely the rhetorical question that had kept me away from past protests and marches. What made this one different?

Symbolic acts matter. Take the parade that followed Trump's inauguration. Take birthday parties! We don't need to throw a party to get older, and the parade wasn't necessary to achieve the transition of power. They're both for show. Like public marches, they have meaning that lies in their symbolic power. Practical utility is not "the point," notwithstanding the many examples of marches throughout history, like the 1913 Women's Suffrage Procession and the 1963 March on Washington, that did effect tangible change.

The fact that the highest-ranking woman in Trump's administration, Kellyanne Conway, is the keynote speaker at this Friday's anti-abortion March for Life certainly means something. And you better believe that the same people who insist that the 600-dd demonstrations on Saturday didn't mean anything would be arguing the opposite if millions in the U.S. and hundreds of thousands across other countries hadn't shown up. That would've meant something.

But we did show up. And the world was watching.

Jessica Allen is the digital correspondent on CTV's The Social.

Trump benefitting from waning U.S. influence

Thomas Walkom

Donald Trump can be thin-skinned and obnoxious. He plays fast and loose with the facts. He has adopted much of the worst of the Republican agenda, including opposition to women's reproductive rights.

No wonder so many people — including so many Canadians — detest the new U.S. president.

But he is also oddly realistic. His America First rhetoric may conjure up memories of 1930s isolationism. It may signal a retreat to Fortress America.

But it also reflects what is going on. America no longer dominates the Western world in the way it once did.

The signs are everywhere. In the Middle East, it is not the U.S. that is brokering an end to the devastating Syrian civil war. Rather that role has been taken on by Russia, Iran and Turkey.

In the Korean peninsula, it has become clear that any solution to the problem of a nuclear-armed North lies not in Washington but Beijing.

Even America's former colony, the Philippines, is pivoting away from the U.S. and toward China.

Economic integration? Trump officially killed the Trans Pacific Partnership this week. But he was merely delivering the coup de grace. Opposition to the deal was so strong in the U.S. that even Democratic Party presidential contender Hillary Clinton, a former fan, vowed to kill it.

Meanwhile, China is forging ahead to create its own economic zone. Its Asian Infrastructure Investment Bank, which the U.S. has refused to join, now has 57 members — including Britain, Germany and France. Canada is applying to sign on.

Trump has questioned NATO's relevance, at one point calling it "obsolete." He's also called it "very important to me."

How the president squares these remarks is not entirely clear. But he is not the first to question the need for a military alliance set up to counter a Soviet Union that no longer exists.

Those who see Vladimir Putin's Russia as a modern-day version of the U.S.S.R. argue that NATO remains desperately relevant. But Trump doesn't appear to share those views. Indeed, he appears to think that Russia should be granted the same leeway in its backyard that the U.S., via the Monroe Doctrine, claims for itself in the Americas.

More to the point, he is reluctant to foot so much of the bill for an alliance that may no longer suit U.S. requirements.

And that is the key to what may eventually be called the Trump Doctrine: America's position in the world has changed.

The crisis of 2008-09 demonstrated that America alone is no longer able to solve global economic problems. The election of Trump showed that American workers are no longer willing to assume that what suits U.S. business will suit them.

The rise and decline of great powers is rarely neat. My guess is that America Firster Trump will intervene far more in the world than his critics think.

Still, these days, international leadership is not something the U.S. can so easily afford.

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Wednesday, January 25, 2017

Lin-Manuel Miranda is getting closer to 'EGOT' status, thanks to his Oscar nomination for best original song. The Hamilton creator, who has already won an Emmy, two Grammys and three Tonys, picked up a nod for How Far I'll Go from the animated film Moana.

Oscars not so white

After a badly needed push in the right direction, the Academy Awards recognize that there's nothing as diverse as talent

OSCARS LOWDOWN

3

Viola Davis is now the first African-American actress to score three Academy Award nominations.

$100M

None of the best picture nominees has yet grossed more than $100 million in the U.S. The film Arrival comes closest with $95.7 million.

Among the Canadians earning Oscar nods is Theodore Ushev for best animated short, and a number of the Arrival crew including producer Shawn Levy and director Denis Villeneuve.

Viola Davis is up for best supporting actress for her role in Denzel Washington's August Wilson adaptation, Fences. She was previously nominated for Doubt in 2009 and The Help in 2012. CONTRIBUTED

Peter Howell
Torstar News Service

There were few surprises and even fewer snubs among Tuesday's diverse nominees for the 89th Academy Awards, which is exactly as it should have been.

There's not a single undeserved nomination amongst the lot of them, even if academy voters rightly felt pressure to address the dearth of non-white actors in two previous years of nominations.

Sometimes a little push is needed to get people to do the right thing.

As predicted by pundits and earlier wins, Damien Chazelle's Hollywood ode La La Land topped the golden list with 14 nominations, including best picture, director, actor (Ryan Gosling) and actress (Emma Stone), tying Titanic (1997) and All About Eve (1950) for the Oscar noms record.

The singing-and-dancing sensation also breaks the record for most nominated musical, set a half-century ago by Mary Poppins, which had 13 nods.

Tied as the closest challengers to La La Land, with eight nominations apiece including Best Picture and Director, are Barry Jenkins' coming-of-age drama Moonlight and Denis Villeneuve's sci-fi thriller Arrival.

The other six Best Picture nominees — Manchester by the Sea, Fences, Lion, Hidden Figures, Hacksaw Ridge and Hell or High Water — make for a total of nine, one more than last year and all of them dramas.

Most significant of all is the large amount of diversity in the nominations, even if leader La La Land has a mostly white cast and features Gosling as a defender of jazz, a musical form created by African-Americans and Indigenous North Americans.

Seven of the 20 acting nominees are people of colour, while four of the nine Best Picture contenders — Moonlight, Fences, Lion and Hidden Figures — tell diverse stories with non-white actors in most of the leading roles.

After two years when visible minorities were conspicuously absent from the Oscar leaders board, this is a welcome development, if also a completely expected one.

The nominations seemed to please April Reign, the New York writer and editor who coined the #OscarsSoWhite Twitter hashtag that helped push a foot-dragging academy into making needed changes to promote diversity, including increasing the number of non-white voters.

"Some surprises, some spot-on decisions . . . Things are changing because our voices are strongest together," Reign wrote in a pair of tweets.

It was particularly gratifying to see Oscar nominations for Moonlight's Barry Jenkins, and also Mahershala Ali and Naomie Harris in the respective best supporting actor and actress categories, three of the reasons why this wonderfully wise film topped my list of best movies of 2016.

It's also great to see Meryl Streep get her record 20th Oscar nomination for playing a tone-deaf singer in Florence Foster Jenkins.

It's a nomination she likely gained not only for her considerable talent but also in appreciation of her marvellous rip into Donald Trump's xenophobic ways at the Golden Globes earlier this month, who retaliated by childishly calling her "one of the most overrated actresses in Hollywood."

Also nice are the long-overdue best actress nod for Isabelle Huppert (Elle) and best actor nom for Viggo Mortensen (Captain Fantastic), indicating that the academy is willing to recognize overlooked actors of any colour.

What few snubs there were — the acting MIA list include Tom Hanks for Sully, Amy Adams for Arrival, Annette Bening for 20th Century Women — are fewer in number than in previous years and not unexpected in a year so rich with talent.

Oscar can't get everything right. But at least this year, it got the most important thing right, by recognizing that talent doesn't just come in one colour.

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My friends have definitely helped guide me and assist me through things, my family helped me keep the lights on during certain years, and my wife knows how much she's contributed to my well-being, so I'm happy.

Mahershala Ali, best actor nominee for Moonlight

I called my mother and she was at work in the care home, and she just started screaming and crying and everyone was looking through the glass wondering why she's making a big scene.

Dev Patel, the third actor of Indian descent to be nominated for an Oscar, for Lion

I'm very grateful to the Academy. It was a true collaboration, so to see everyone else's wonderful work on the film acknowledged so generously makes it even more special.

Ontario's Ryan Gosling, who earned his second best actor nod for La La Land

Salute the kernel and add more pop

If there are any leftovers, these popcorn bowls will keep for days afterward. RICARDO LARRIVÉE

RECIPES

Take movie nights to the next level with stellar snacks

Ricardo Larrivée
For Torstar News Service

Fluff up your pillows, slip on your sweats, cue up a favourite flick and take movie night to the next level with these three popcorn recipes. Your kids will never look at the old-school snack the same way again.

Plus, they can easily help make these three fun flavours — all you'll need to do is supervise. We suggest making them all — spicy barbecue, tangy ketchup and caramelized brown sugar — so that everyone can mix and match.

Best of all, if there's any left (unlikely), it'll keep for days in an airtight container so you can do it all over again next weekend.

Sweet popcorn
Makes four cups.

Ingredients:
- 4 cups (1 L) plain popcorn
- 3 tbsp (45 mL) salted butter
- 1/4 cup (60 mL) lightly packed brown sugar

Directions:
1. With the rack in the middle position, preheat oven to 350 F (180 C). Line a baking sheet with parchment paper or a silicone mat.

2. Place popcorn in a large bowl and set aside.

3. In a small saucepan over medium heat, melt butter and brown sugar, stirring frequently. Drizzle hot mixture over popcorn. With a spatula, toss to coat well. Spread on prepared baking sheet.

4. Bake for 5 minutes. Let cool completely on baking sheet to dry.

5. Popcorn will keep for 1 week in an airtight container or sealable bag.

BBQ popcorn
Makes four cups.

Ingredients:
- 4 cups (1 L) plain popcorn
- 3 tbsp (45 mL) salted butter
- 1 tsp (5 mL) chili powder
- 1/4 tsp (1 mL) paprika
- 1/4 tsp (1 mL) garlic salt
- 1/8 tsp (0.5 mL) cayenne pepper, or to taste

Directions:
1. With the rack in the middle position, preheat oven to 350 F (180 C). Line a baking sheet with parchment paper or a silicone mat.

2. Place popcorn in a large bowl and set aside.

3. In a small saucepan, melt butter with chili powder, paprika, garlic salt and cayenne pepper. Drizzle hot mixture over popcorn. With a spatula, toss to coat well. Spread on prepared baking sheet.

4. Bake for 5 minutes. Let cool completely on baking sheet to dry.

5. Popcorn will keep for about 2 weeks in an airtight container or sealable bag.

Ketchup popcorn
Makes four cups.

Ingredients:
- 8 cups (2 L) plain popcorn
- 2 tbsp (30 mL) salted butter
- 2 tbsp (30 mL) ketchup
- 1 tbsp (15 mL) sugar
- 1 tbsp (15 mL) paprika
- 1 tsp (5 mL) onion salt
- 1/2 tsp (2 mL) garlic salt

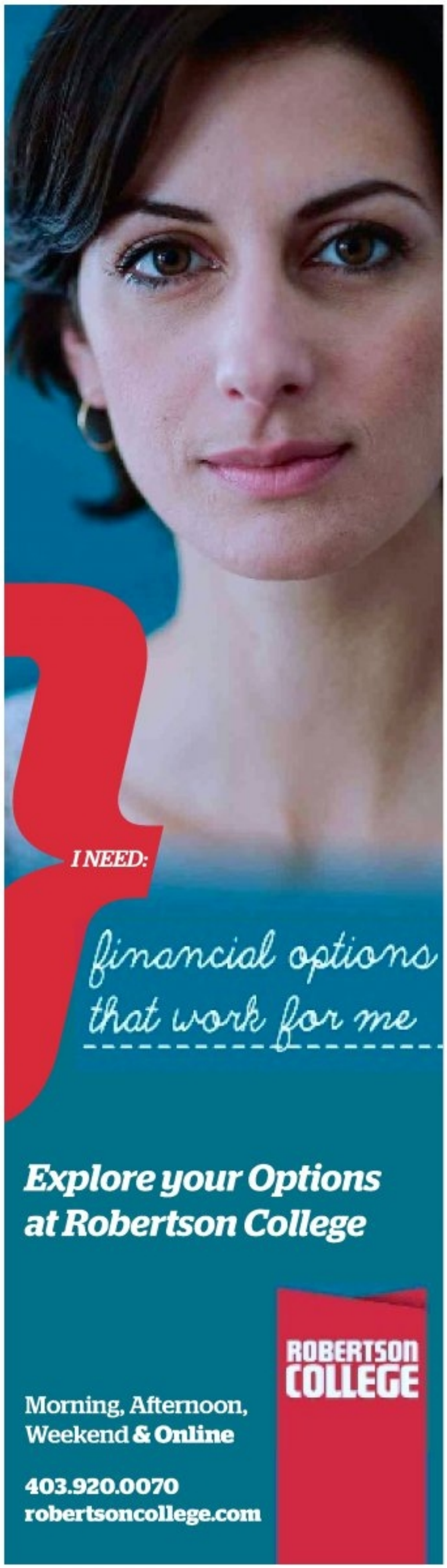
Directions:
1. With the rack in the middle position, preheat oven to 350 F (180 C). Line a baking sheet with parchment paper or a silicone mat.

2. Place popcorn in a large bowl and set aside.

3. In a small saucepan, melt butter with ketchup, salt, paprika, onion salt and garlic salt. Drizzle hot mixture over popcorn. With a spatula, toss to coat well. Spread on prepared baking sheet.

4. Bake for about 10 minutes, stirring halfway through cooking, or until popcorn is dry to the touch.

5. Popcorn will keep for about 2 weeks in an airtight container or sealable bag.



ROSE REISMAN THE SAVVY EATER

THIS WEEK: Before you pop that waffle in the toaster, check the numbers

A lighter version of the popular Belgian waffle makes for a better breakfast!

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PC Maple Belgian Waffles (1 waffle)

Calories 220
Fat 9g
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SKIP THIS

Oakrun Farm Bakery Authentic Belgian Waffles (1 waffle)

Calories 320
Fat 17g
Saturated Fat 9g
Sugar 17g

HERE'S WHY

Equivalent in sugar to 5 Oreo cookies.

The Belgian waffle is the decadent sibling of the waffle, with its fluffy and light texture, larger squares and deeper pockets for all the luscious toppings you can use. The Oakrun Authentic Waffle adds sugar to the outside, increasing both the calories and sugar content considerably. There's also close to double the fat and four times the saturated fat, coming from the palm and coconut oil. If craving an indulgent breakfast, swap for the PC Belgian Waffles and skip the syrup and whip cream for fruit and Greek yogurt as your toppings.

LIQUID ASSETS PETER ROCKWELL

Even Burns would sip on a can of pure liquid poetry

While he may not inspire the same celebratory enthusiasm as Saint Patrick, Scots across the country will most certainly be raising a glass of something Scottish to Robert Burns today.

No doubt a bit of whisky will be in order for many with ties to Scotland (even if it's just having seen Braveheart). Though I love myself a nice dram, the quarter of me that's Scottish prefers a beer on a weekday.

A few years ago I spent some time with Dougal Gunn Sharp, the mastermind behind Innis & Gunn Original (500ml, $2.95-$3.99) and its many oak-aged offspring. At a pub below Edinburgh Castle he told me about the origin of his famous Scottish brew.

Commissioned to create flavoured barrels for William Grant in which to age their whisky, Sharp was surprised to discover the resulting oak-infused beer was a hit with workers assigned to pour it down the drain.

A malty mix of toffee, vanilla and citrus, it's pours like liquid poetry which Robert Burns would have appreciated.

Prices reflect the range across the country. Some products may not be available in all provinces.

DIPPIN' DEAL

Breaking ice with Spicer

Sean Spicer's ice cream headache may be coming to an end after long seven years. The Internet shared a collective laugh when online publication the A.V. Club dug through the new White House press secretary's Twitter account and found many complaints against ice cream maker Dippin' Dots.

Now, the "ice cream of the future" has shot back — with an olive branch.

"We understand that ice cream is a serious matter," states Dippin' Dots' open letter to Spicer. "We've seen your tweets and would like to be friends."

The letter offered: "We can...afford to treat the White House and press corps to an ice cream social. What do you say? We'll make sure there's plenty of all your favorite flavors." COLIN MCNEIL/METRO

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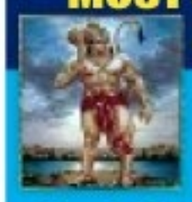

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JOHANNA SCHNELLER WHAT I'M WATCHING

Fighting exact same issues, one decade at a time

THE SHOW: One Day at a Time, Season 1, Episode 2 (Netflix)
THE MOMENT: The raise

Single mother Penelope Alvarez (Justina Machado), a nurse in the office of Dr. Berkowitz (Stephen Tobolowsky), is sick of being mansplained to and marginalized by male nurse Scott. Then she learns Scott earns $5 an hour more than she, and quits. Now Berkowitz is at her door.

"Come back to work," Berkowitz pleads. "I can't run the office without you."

"Five bucks more an hour," Penelope says. "That guy."

"It wasn't right," Berkowitz says. "But in my defense, he did ask for more than you did."

"I don't know if it's a woman thing or what, but I didn't even think about negotiating," Penelope admits. "I was newly separated, I needed a job. You said, 'Do you want one?' I said, 'Yes.'

"And Scott made me feel that I was lucky to have him," Berkowitz says. "I even gave him my parking spot."

The first iteration of this series, 1975 to 1984, was co-created by Norman Lear, king of social-issues television. It showcased the struggles of a single mom trying to be a breadwinner and a second-wave feminist. Her situation felt perilous: How do you stand up for your principles if they threaten your paycheque?

This new version feels less life-and-death — Penelope's estranged husband sends money, her mother (Rita Moreno) lives with her — and the feminism is more second-vs.-third-wave: While Penelope fights for equal pay, her daughter dissects microaggressions, racism (they're Cuban-American), environmentalism.

It kills me that we're still parsing this stuff in 2017, but here we are. Call it One Decade at a Time.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

A veggie dish approved by Oprah

RECIPE

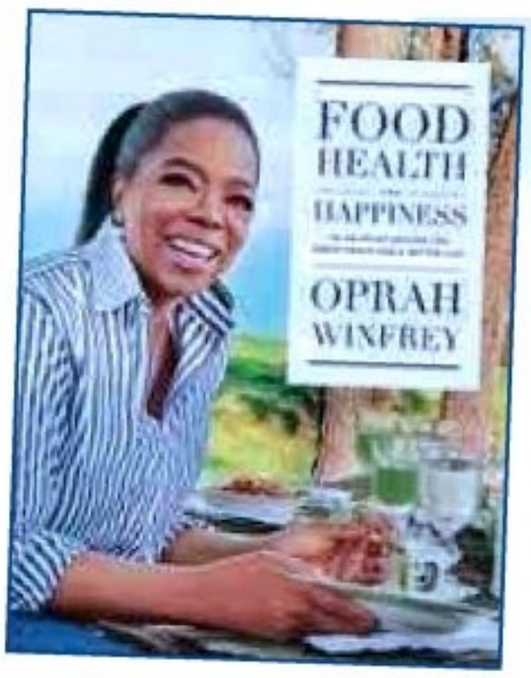
New cookbook is a diary of the TV mogul's eating habits

You can learn a surprising amount while lazing in front of a television for hours on a sick day. For example, Leah Remini really, really wants to take down Scientology. After watching a marathon of her A&E documentary special, you will, too. Infomercials are still a thing. Oprah is still a spokesperson for Weight Watchers — and she lost 42 pounds.

Conveniently for someone who owns a 10-per-cent stake in the long-running, points-based weight-loss program, Oprah also released her first cookbook in early January, full of personal recipes, motivational musings and, of course, the number of calories and points each meal represents.

Oprah has come a long way since the late 1980s, when she famously ran a marathon and fasted for months to squeeze herself into that era's version of skinny jeans on her talk show. That didn't last long. In the books' introduction, Oprah claims she has finally reckoned with her emotional food issues and because it's Oprah, that wisdom has become part of her very public persona.

Her cookbook Food, Health, and Happiness: 115 On-Point Recipes for Great Meals and a Better Life ($45 through Raincoast Books) hits all the right Oprah notes. She mentions BFF Gayle King, partner Stedman Graham, mentor Maya Angelou, childhood memories, Emmy Awards ceremonies, famous friends, images of girls from her South African school and the down-home advice fans have come to expect.



(Chapter 6, about the importance of eating veggies, begins with "There I was, a little girl, sittin' on the porch shelling peas and shucking corn.")

The meals themselves are divided into soups (because "soup is love"), comfort food makeovers, clean eating meals, breakfasts, international dishes from her travels, recipes for entertaining and recipes from the garden. Each chapter is introduced with anecdotes of Oprah's personal weight-loss journey, as well as snapshots from her home life, including the elusive Graham.

"Somewhere buried beneath the decades of trial and error — the see-sawing between fat and fasting, feast and famine, the shame and fear and frustration — was a belief that I could find balance and satisfaction with food without having to declare war on myself. I dreamed of détente, of eating with pleasure, ease and maybe even a hint of joy."

Here's a recipe from the book that's as fun to say as it is to eat. The story behind it is: When they come to visit, the girls from Oprah's South African leadership academy want to eat chakalaka, a spicy vegetable dish from their country. It's usually accompanied by grains or bread, but that would add points for those who are counting.

When girls from Oprah's South African leadership academy come to visit her, they want to eat chakalaka, a spicy vegetable dish from their country. CONTRIBUTED

You can almost hear Oprah yelling "Chaaaaakalaaaaka!"

Chakalaka

Makes 6 servings. Each serving is 3 Weight Watchers points.

Ingredients:

- 1 tbsp (15 mL) olive oil
- 1 medium yellow onion, diced
- 3 cloves garlic, minced
- 1/2 tsp (2 mL) fresh ginger, minced
- 2 tsp (10 mL) curry powder
- 1 tsp (5 mL) ground cayenne
- 1/2 tsp (2 mL) dried thyme
- 1/4 tsp (1 mL) paprika
- 2 plum tomatoes, diced
- 4 cups (1 L) green cabbage, thinly sliced
- 1 jalapeno pepper, seeded and diced
- 1 large carrot, grated
- 1 red pepper, seeded and diced
- 1-1/2 cups (375 mL) cooked white beans
- 2 tbsp (30 mL) white vinegar
- Salt and pepper
- 2 tbsp (30 mL) fresh flat-leaf parsley, finely chopped

Directions:

1. In a deep skillet over medium heat, heat olive oil.

2. Add onions, cooking until softened, about 3 minutes.

3. Add garlic and ginger, cooking until aromatic, about 2 more minutes.

4. Add curry powder, ground cayenne, thyme and paprika. Stir until combined and cook about 2 minutes.

If mixture starts to stick, add water, one tablespoon at a time.

5. Add tomatoes, cabbage, jalapeno, carrot and red pepper. Stir.

6. Simmer until softened, about 7 minutes.

7. Add beans and vinegar and cook for an additional 3 minutes until beans are warmed through. Add salt and pepper to taste.

8. Garnish with parsley. Serve hot, warm or cold.

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RX 350 shines on the highway

REVIEW

Quiet, comfy, and it handles great in a snowstorm

Lucas Cooney
AutoGuide.com

I took a 2017 Lexus RX 350 to take me and a cameraman up north for a story for sister site ATV.com.

While a more performance-oriented Lexus might have been a better match for the sporty side-by-side ATV, an unexpected snowstorm during our four-hour drive made me thankful for the burlier 2017 Lexus RX 350.

Like many people, I'm a torn on the outward appearance of the RX. While I do like the general shape and form of the vehicle, it's in need of a nose job. The giant grille up front was the first thing my wife noticed, and it wasn't because she loved it. It certainly stands out, just not in a good way.

The test car was equipped with gorgeous 20-inch allow wheels, which come as part of the F-Sport Series 3 package. The wheels help make the RX a nice looking vehicle, so long as you only see it in profile.

Step inside the RX and there are few complaints with the beautiful interior. Highlights include F-Sport seats wrapped in leather that offer both heating and cooling, a heated and leather-wrapped steering wheel, aluminum sport pedals, and a panoramic glass roof. The optional 15-speaker Mark Levinson audio system is the cherry on top of the sundae.

It's on the highway where this vehicle really shines. Even at highway speeds, the RX offers a luxuriously quiet and comfortable ride as the 295-horsepower V6 smoothly eats up kilometre after kilometre of snowy road.

Due to the storm, the wind was occasionally violent and the RX would sway a little but it never felt out of control.

When the lanes were largely clear of snow, the lane keep assist feature did a remarkably good job of keeping the vehicle between the lines. This feature was far more active during the windy drive up north than in the calmer conditions on the return trip. The RX was not quite as at home in the city. That uber-comfortable suspension on the highway seems to come at the cost of a slightly sloppy feeling while taking tighter turns on city streets or braking even slightly aggressively.

THE CHECKLIST | 2017 LEXUS RX 350

THE BASICS

Engine: 3.5L V6
Power: 295 hp, 267 lb-ft
Transmission: Eight-speed auto
Fuel Economy (L/100 km): 12.2 city, 8.9 hwy
Price: Starts at $55,900

LOVE IT

- Ultra quiet interior
- Comfortable ride
- Loaded with cool features

LEAVE IT

- Fugly nose
- A bit dull (except in Sport S+ Mode)
- Terrible infotainment interface

Mazda's new tech to cut fuel use by a third

INNOVATION

Engines to use pressure in lieu of spark plugs

Jason Siu
AutoGuide.com

Mazda is coming out with a new high-tech engine that the company says will cut fuel consumption in vehicles by a third.

Mazda is set to introduce a new engine at the end of 2018 that uses pressure instead of spark plugs to ignite fuel, a technology the Japanese automaker says will increase fuel economy by 30 per cent.

The engine will be the first practical use of the technology, which is called homogeneous charge compression ignition.

By igniting the mix of air and fuel by subjecting them to pressure, the new engine will make combustion more efficient than conventional motors featuring spark plugs. The technology will also reduce exhaust emissions.

Expect Mazda to first use the new engine in the next-generation Mazda3 before it is gradually rolled out to other models in the company's lineup.

The company says it represents the next generation of its Skyactiv suite of environmentally friendly technologies.

As for electrified Mazdas, look for the Japanese automaker to begin mass producing EVs by 2019 and a plug-in hybrid introduced by 2021.

IT CONTINUES

Although hybrids are becoming increasingly popular, the company believes the internal combustion engine will live on for the foreseeable future and its investment into a new engine reinforces that idea.

The next generation of Skyactiv engines will reduce exhaust emissions. BRIAN EARLY

WHEELS BRIEFS

Chevy Reveals Huge LEGO Batmobile

We've seen automakers sharing LEGO models of their lineups, but we haven't seen anything to this scale before.

Chevrolet, in co-operation with Warner Brothers and DC Comics has revealed a huge model of the LEGO Batmobile from the upcoming LEGO Batman movie. Revealed at the 2017 Detroit Auto Show, this 17-foot long LEGO Batmobile is no mere toy, and is constructed with 344,187 LEGO blocks.

The entire car took 222 hours to design and 1,833 hours to build by LEGO Master Builders in Enfield, Conn.

SAMI HAJ-ASSAAD/AUTOGUIDE.COM

Dodge Demon drops pounds in the name of performance

Dodge continues its slow release of information on the upcoming Challenger Demon, revealing that car will shed pounds on its quest for crazy performance.

The Demon will be lighter than the Hellcat. The teaser video suggests that small changes have been made to many parts of the car, including the wheels, steering, suspension, brakes, interior and more to cut that weight. No other details are out yet on the Demon, besides Dodge saying that it will outperform the Hellcat, which means we can expect even more than 707 horsepower from a big V8.

STEPHEN ELMER/AUTOGUIDE.COM

Largest MINI ever is now also the most powerful

The new MINI John Cooper Works Countryman features the most powerful engine ever to be fitted in a MINI.

Late last year, the British automaker introduced its second-generation Countryman as the biggest and most versatile model in MINI's entire range.

Now, the MINI John Cooper Works Countryman with 228 horsepower is the most powerful and is combined with the standard all-wheel-drive system ALL4. With a zero-to-97 km/h time of 6.2 seconds with either the standard six-speed manual transmission or optional eight-speed Steptronic Sport Automatic transmission. JASON SIU/AUTOGUIDE.COM

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2017 SPORTAGE LX AWD
CASH PRICE $28,235* MSRP: $29,735 <$1,000>ALL WHEEL DRIVE BONUS
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LEASE $151/BW* Lease Price $28,235

2016 SOUL ENERGY EDITION
ONLY 3 LEFT
CASH PRICE $21,535* MSRP: $24,535 <$3,000>Trading Dollars
FINANCE $129/BW* Finance Price $23,535
LEASE $120/BW* Lease Price $23,535

2016 OPTIMA LX AUTO
CASH PRICE $20,805* MSRP: $25,555 <$4,750>Trading Dollars
FINANCE $126/BW* Finance Price $20,805
LEASE $129/BW* Lease Price $20,805

2017 FORTE 4 LX AUTO
CASH PRICE $17,855* MSRP: $20,355 <$2,500>Trading Dollars
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LEASE $104/BW* Lease Price $18,805

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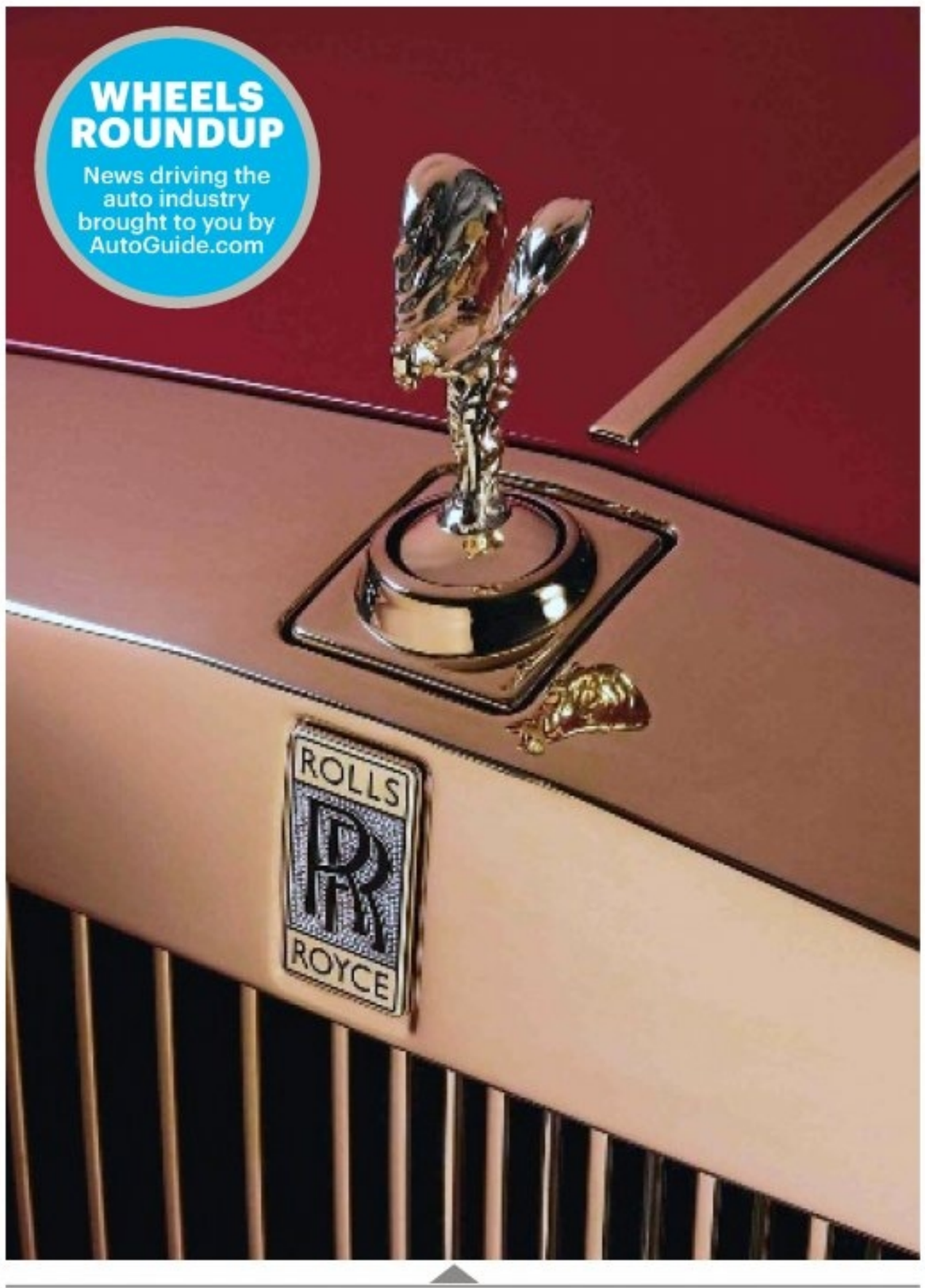
KIA The Power to Surprise

These Phantoms are covered in gold



ROLLS ROYCE

The most expensive Phantoms ever

The 13 Hotel in Macau will feature a fleet of 30 Rolls-Royce Phantoms, two of which are extra special. Those two vehicles will serve as flagships and have been infused with 24-karat gold on both the exterior and the interior, making them the most expensive Rolls-Royce Phantoms ever built at the time of commissioning. All 30 vehicles were commissioned by Stephen Hung, joint chairman of The 13 Holdings Limited, reflecting his bold vision that can also be seen in the design scheme of the hotel. During the painting of the two special cars, the British automaker installed new and specialist equipment at the Surface Finish Centre at the Rolls-Royce Global Centre of Excellence in Goodwood. This was to ensure no contamination would occur during the painting process. To make them look exquisite, the finish uses 250 per cent more paint than other Phantoms, resulting in 10 layers with one featuring a 40-micron deep layer of gold, combined with glass and aluminum for an alluring shimmer. Not surprisingly, the iconic Spirit of Ecstasy emblem at the front of the vehicle is also 24-karat gold plated, further complementing the gold-colored Pantheon Grille and Rolls-Royce badge. Making it even more excessive are 336 brilliant-cut diamonds that surround the signature RR emblem. JASON SIU/AUOGUIDE.COM

IN BRIEF

Control your Genesis from a watch

A Genesis smartwatch app is now available for the Apple Watch and Android Wear. The new app allows Genesis owners to control their vehicles straight from a smartwatch and is called the Genesis Intelligent Assistant App. Functions on the app include remote start with climate control, remote engine stop, remote door lock/unlock, remote horn and/or lights, car finder, vehicle status and parking meter. Like most smartwatch apps, all the commands can be controlled with your voice. JASON SIU/AUTOGUIDE.COM

MANUFACTURING

Wagoneer, Wrangler pick-up in the works

Jeep has announced a total $1-billion U.S. investment in plants in Michigan and Ohio, adding 2,000 new American jobs. Jeep is also confirming the addition of new models to its lineup including a Jeep pickup truck, Jeep Wagoneer, and Grand Wagoneer. The Wagoneer and Grand Wagoneer models will be produced in Michigan.
JASON SIU/AUTOGUIDE.COM

PORSCHE

911 GTS models get turbo power

Porsche is launching five new 911 GTS models, including rear- and four-wheel drive versions of the Carrera and Carrera Cabriolet, bringing the 911 lineup to a staggering 25 variants. Joining the Carrera GTS models is a new Targa 4 GTS, rounding out a 911 lineup that now includes more than two dozen variations of Porsche's quintessential sports car. DAN ILIKA/AUTOGUIDE.COM

While the new Mustnag offers some serious tweaks, consumers will have to wait until 2020 for an outright redesign. HANDOUT

2018 Mustang gets big updates

NEW RELEASES

Goodbye V6, hello 10-speed automatic transmission

Dan Ilika
AutoGuide.com

Speculation was running rampant among the small group milling around the otherwise empty Ford display on the second preview day of the Detroit Auto Show.

A mysterious invite had us gathered early that morning before the show had even opened for the short trek from downtown Detroit to the automaker's product development center in nearby Dearborn, Mich., for an "embargoed product news backgrounder." With a description about as vague as the clutch pedal in the Subaru Crosstrek, our ever-inquisitive minds couldn't help but wander.

It didn't take long after we arrived, and agreed to leave our cameras and cellphones at the door or risk being tackled by William Clay Ford Jr. himself, that the cat — or, perhaps more appropriately, pony — was out of the bag: The 2018 Ford Mustang will soon be here, bringing with it some serious changes.

While it's not the all-new Mustang that some of you have been hoping for — for that you'll have to wait until 2020 — the car does receive some significant styling tweaks both inside and out.

Starting outside, it's clear the design team's directive was to fine-tune what has largely been a well-received retro look.

No one piece of the Mustang's aesthetic puzzle has been radically revamped for 2018, with a handful of incremental changes made instead.

A new front fascia has a slightly more modern look, while the nose has been raked a little steeper, leading to a hoodline that has been lowered for a sleeker profile.

Around back, the 2018 Ford Mustang gets a new set of tail lights and trunk applique that complement a revised rear bumper replete with available quad exhaust tips.

When it comes to performance, a lot has been done in terms of upgrades. The big news under the hood involves the Mustang's V6, or lack thereof, with Ford finally giving the aging Cyclone engine the axe. Currently the entry-level engine offered in both coupe and convertible versions of the pony car, the 3.7-litre V6 was rendered obsolete by the increasingly popular turbocharged four-cylinder that was added to the sixth-gen car.

In its stead remain the 2.3-litre EcoBoost and the tried-and-true 5.0-litre V8 that's become as synonymous with the Mustang as its galloping-horse emblem.

The former, which makes 310 horsepower and 320 lb-ft of torque in the current Mustang running 93-octane or better, will see its torque count and full-throttle performance increased for 2018, according to Ford. Don't, however, expect anything in the neighborhood of the outrageous Ford Focus RS, which uses the same turbocharged engine to make 350 horsepower and 350 lb-ft of torque.

Also making major — though largely expected — news is the inclusion of a 10-speed automatic transmission on the 2018 Ford Mustang's option sheet. Replacing the six-speed auto box between the seats is the new 10-speed automatic jointly developed between Ford and General Motors.

The transmission has already made its way into the 3.5-liter EcoBoost versions of the 2017 Ford F-150, as well as the Chevrolet Camaro ZL1.

In other transmission news, the manual gearbox has been upgraded to include a new twin-disc clutch built to handle both engines' increased torque output.

With the Mustang's engine options set to be reduced to just a pair, its model lineup will also be simplified for 2018. Two four-cylinder powered versions, dubbed i4 and i4 Performance, form the base for the new Mustang, while GT and GT Performance round out the offerings.

+ INTERIOR

The cabin features a largely unchanged appearance outside of some new materials and finishes.

The biggest difference inside comes by way of the available digital display that replaces the car's gauge cluster. Much like Audi's Virtual Cockpit, the 12.3-inch screen can be configured and reconfigured to prioritize performance-related info.

© 2017 Mercedes-Benz Canada Inc. 2017 GLC 300 4MATIC with optional Premium Package ($4,900), LED Lighting System ($1,700), Intelligent Drive Package ($2,700) and Sport Package ($1,500) / 2017 GLC 300 4MATIC Coupe with optional Premium Package ($4,900), LED Lighting System ($1,700), Intelligent Drive Package ($2,700), and Sport Package ($1,500) shown above, $59,090/ $63,930. Lease and finance offers based on the 2017 GLC 300 4MATIC/2017 GLC 300 4MATIC Coupe are available only through Mercedes-Benz Financial Services on approved credit for a limited time. *Total price of $48,290/$53,130 for advertised vehicle includes MSRP plus all applicable dealer fees. Stock numbers for advertised vehicles are N3874/N8982.**Lease example based on $528/$590 per month for 45/45 months with a down payment or equivalent trade of $4,041/$4,123. Freight/PDI of $2,495, dealer admin fee of $495, air-conditioning levy of $100, EHF tires, filters, batteries of $20, PPSA of $23.80/$23.80 and AMVIC fee of $6.25 are due at signing. First month's payment plus security deposit of $600/$600 and applicable taxes due at lease inception. MSRP starting at $45,150/$49,990. Lease APR of 4.9%/5.9% applies. Total obligation is $31,329/$34,762. 18,000/18,000 km/year allowance ($0.20/$0.30/km for excess kilometres applies). Vehicle license, insurance, registration, and taxes are extra. Dealer may lease or finance for less. Offers may change without notice and cannot be combined with any other offers. Offers valid on in stock units only. Offers end January 31, 2017.

metro SPORTS

"It's been a (lousy) 2017 so far": LeBron James urged his front office to do more after the Cavs fell to 5-6 in 2017 with Monday's loss in New Orleans

Flames burn out against Habs

NHL

Radulov double sends Calgary to fourth straight defeat

Alexander Radulov scored twice to lead the Montreal Canadiens to a 5-1 victory over the Flames on Tuesday night to extend Calgary's losing skid to four games.

Andrew Shaw, Tomas Plekanec and Daniel Carr also scored for Montreal (29-13-7), while Carey Price made 30 saves for the win.

Sam Bennett scored the lone goal for Calgary (24-24-3), which was on the second game of a back-to-back. Chad Johnson stopped 15 of 20 shots in defeat.

Johnson got the start between the pipes after Brian Elliott conceded four goals in a 4-0 losing effort in Toronto on Monday.

Price was solid despite going through a bit of a recent slump. The all-star goaltender had allowed at least three goals in nine of his previous 11 starts coming into Tuesday's contest.

But Price was on his game from the get-go. He even added an assist on Montreal's fourth goal — his first of the season. The Canadiens goalie came one second away from recording his 39th career shutout but was beaten by Bennett at 19:59 of the third period.

It was another slow start for the Flames, which have now conceded the first goal in nine straight games.

Chad Johnson made 15 saves on 20 shots on Tuesday night in Montreal. MINAS PANAGIOTAKIS/GETTY IMAGES

Despite getting several good shots on Price to start the encounter, the Flames fell behind at 19:18 of the first period when Shaw ripped one past Johnson for his seventh of the season. Calgary dominated the Canadiens 31-20 in shots but Montreal made their opportunities count.

The home side doubled its lead with a short-handed goal at 4:53 of the second period. After Johnny Gaudreau bobbled the puck at Montreal's blue line, Plekanec scooped it up and skated the length of the ice, beating Johnson five-hole for his first goal in six games.

The Canadiens made it 3-0 at 9:02 of the second period. While playing with the man advantage, Nathan Beaulieu looked to be taking a shot but instead fed Radulov with a crisp cross-ice pass. With Johnson out of position, Radulov made no mistake for his 11th of the year.

Montreal was without forward Alex Galchenyuk, who re-injured his right knee on Saturday. Michel Therrien shuffled his lines and Daniel Carr filled the remaining hole on the fourth line.

Carr thanked his head coach with his second goal of the season, scored at 8:02 of the third period. Radulov made it 5-0 with a power-play marker with 3:53 remaining in the game.

Montreal finished 2 for 3 with the man advantage and is now 12 for its last 31 with the extra skater.

The Flames are now 3-4-3 this season in the second game of a back-to-back. â€¦ Gaudreau has not scored in 11 games - the longest drought of his career.

THE CANADIAN PRESS

TUESDAY In Montreal

CANADIENS	FLAMES
5	1

Bill Belichick. GETTY IMAGES

SUPER BOWL

Belchick figuring out Falcons

Bill Belichick is on to the Atlanta Falcons. After taking a day to review and recharge following his team's AFC championship game win over Pittsburgh, the New England coach said Tuesday that the coaching staff's preparations are fully underway for the Super Bowl.

The Patriots are preparing to make their seventh Super Bowl appearance during the Belichick era, making them veterans at handling the various logistics involved with the big game. Belichick said it's helped them turn the page "about as quickly as we could."

"We're on to Atlanta now as a coaching staff. We're deep in the middle of them," he said.

The Patriots do have some familiarity with Falcons coach Dan Quinn, who was defensive co-ordinator of the Seattle Seahawks when the teams met in the Super Bowl two years ago.

"They have some of their own characteristics and of course the players are different, so that makes it different," Belichick said. "But schematically there is quite a bit of carryover."

One of the key differences, he said, is that the Falcons seem to bring a little more pressure than Seattle ran. Belichick also sees similarities in the schemes, which rely on players of similar skillsets such as Seattle's Kam Chancellor and Atlanta's Keanu Neal.

"Go right down the line — they're similar," Belichick said.

The Patriots defence will again have to contend with a dynamic receiver. Julio Jones had nine receptions for 180 yards and two scores in Atlanta's NFC championship game win over Green Bay, but will be challenged by a New England secondary that has given up just two passing touchdowns in the playoffs.

THE ASSOCIATED PRESS

2018 PARALYMPICS GAMES

Nicholson named chef for South Korea

Former sledge hockey captain Todd Nicholson will be Canada's chef de mission at the 2018 Paralympics in Pyeongchang, South Korea. The native of Dunrobin, Ont., played for Canada from 1989 to 2010, winning gold, silver and bronze during that span.

The chef de mission acts as the face and spokesman of the team during the Games. Canada won 16 medals at the 2014 Games in Sochi, including seven gold, two silver and seven bronze.

THE CANADIAN PRESS

Todd Nicholson THE CANADIAN PRESS

IN BRIEF

Olympic diver Filion retires

Three-time Canadian Olympian Roseline Filion has retired after two decades of competitive diving.

Filion teamed with Meaghan Benfeito to earn back-to-back Olympic bronze medals in the 10-metre synchro.

"It's with great emotions that after 20 years of being a competitive athlete, I decided to retire," the native of Laval, Que., posted on Twitter.

THE CANADIAN PRESS

NFL

Roethlisberger is eyeing retirement

Pittsburgh Steelers quarterback Ben Roethlisberger isn't sure he'll be back in 2017.

Roethlisberger said during his weekly radio appearance on Tuesday that he is going to take some time to evaluate whether he wants to keep playing. The two-time Super Bowl winner will turn 35 in March and has missed time in each of the last two seasons with knee issues. Roethlisberger is under contract through 2020.

Coach Mike Tomlin says Roethlisberger has mentioned possible retirement to the coaching staff at various points. Longtime Pittsburgh tight end Heath Miller, a good friend of Roethlisberger's, retired last February at age 33.

Ben Roethlisberger GETTY IMAGES

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Life getting in way of rugby success

PROS VS. AMATEURS

Canada coach faces tough choices for February tests

The challenges of coaching Canada's men's rugby team are myriad, on and off the field.

While Tier 1 nations like England have a structure in place that allows them to assemble their top talent for February test matches during the international window, Canadian coach Mark Anscombe is forced to do a delicate dance in choosing his overseas players.

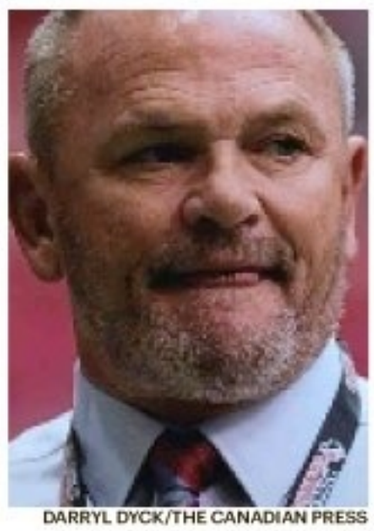
In selecting his squad for the Americas Rugby Championship, the New Zealand native has essentially elected not to summon players from top European leagues to avoid disrupting their club careers.

"We haven't brought them all back. It's a balancing act of making sure we're competitive but looking where players are coming from," said Anscombe.

He has been able to bring back prop Djustice Sears-Duru of the Glasgow Warriors, backs Taylor Paris and Conor Trainor from their French second-division clubs and Matt Tierney, Matt Beukeboom and George Barton from their French club academy sides.

Anscombe's 29-man squad for the ARC, which runs Feb. 3 to March 3, contains just six of the starting 15 he had against Samoa in November as well as six of the reserves from that day. Injuries are another stumbling block. But given much of the Canadian player pool is amateur, so are work and school.

"It's very frustrating," Anscombe said of the selection



DARRYL DYCK/THE CANADIAN PRESS

headaches. "It's the reality of amateur rugby.

"Where I come from (in New Zealand), if you're considering someone for an international, he's a professional rugby player so there's no question he's available and he's going to jump at the opportunity.

"But here the guys are amateur. They play club rugby and they go to school and they work."

> **"To take five weeks off to go and do something in a lot of cases is not their No. 1 priority.**
> Mark Anscombe

That is one of the reasons Anscombe has selected an extended 29-man ARC squad, which will be trimmed for the final two road games.

Canada, ranked 18th in the world, opens Feb. 4 against a second-tier Argentina 'A' side at Westhills Stadium in Langford, B.C., a game that does not have test status.

The next four games for the Canadians are all test matches: against No. 29 Chile on Feb. 11 in Langford, the 17th-ranked U.S. on Feb. 18 in Swangard Stadium in Burnaby, B.C., and road matches Feb. 25 against No. 21 Uruguay and March 4 against No. 36 Brazil.

Anscombe's squad includes nine uncapped players: Beukeboom, Barton, Cole Keith, Conor Keys, Rory McDonell, Ollie Nott, Reegan O'Gorman, Carl Pocock and Robbie Povey

The 20 other players, who include veterans Ray Barkwill, Nick Blevins, Phil Mack and Pat Parfrey, have a combined 268 test caps.

Canada is coming off a bumpy November tour that saw a best available roster lose to fourth-ranked Ireland (52-21), No. 16 Romania (21-16) and No. 15 Samoa (25-23).

He pointed to a competitive 60 minutes against Ireland, before the bottom fell out.

"The November window, we had 18 domestic players in our squad. Now 18 domestic players playing international rugby takes its toll," he said. "Each game you're playing, you're playing against a full squad of professional players that train and prepare every day. And that in a nutshell is your big difference.

"We need more of our guys in environments that can challenge them and they can work on it daily because that's what the rest of the world is in the market we're playing.

Until that happens, Anscombe believes both North American teams will be hard-pressed to take the next step against world competition. Canada's top domestic players are centralized in Langford. But the lack of a pro league leaves only amateur competition.

THE CANADIAN PRESS

IN BRIEF

Argos fire GM Barker

The Toronto Argonauts fired general manager Jim Barker on Tuesday after the team finished at the bottom of the CFL standings last season.

The Argos were tied with Saskatchewan for last in the league at 5-13.

Barker spent six seasons as GM, winning a Grey Cup in 2012.

The team says Scott Milanovich, who was hired by Barker, will remain as the Argos head coach.

THE CANADIAN PRESS

Curse of the champion strikes Ivory Coast

Ivory Coast didn't even make it past the group stage in its defence of the African Cup of Nations as it crashed out without winning a game on Tuesday.

Ivory Coast needed to beat Morocco in the last round of matches in Group C to make the quarter-finals but lost 1-0 to follow Algeria out of the African championship in Gabon — two big teams gone in the space of 24 hours. THE ASSOCIATED PRESS

Celtics reach deal with General Electric

A league official familiar with the deal says the Boston Celtics have reached an agreement with General Electric to put the company's logo on the team's uniform.

The official spoke on the condition of anonymity on Tuesday night because the announcement was scheduled for Wednesday.

The league's collective bargaining agreement allows teams to have an ad measuring 2.5 inches by 2.5 inches on their jerseys, beginning next season. THE ASSOCIATED PRESS

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4	2	8	5	9	1	6	3	7
9	6	5	2	3	7	8	4	1
7	3	1	8	4	6	2	5	9
8	9	2	7	6	4	3	1	5
1	5	6	3	2	9	4	7	8
3	7	4	1	5	8	9	2	6
5	1	9	4	8	2	7	6	3
6	4	3	9	7	5	1	8	2
2	8	7	6	1	3	5	9	4

for more fun and games go to metronews.ca/games

MAKE IT TONIGHT

Elegant Roasted Cod Provencal

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This restaurant-worthy dinner may come off all elegant but it couldn't be simpler to make on a weeknight.

Ready in 40 minutes
Prep time: 10 minutes
Cook time: 30 minutes
Serves 4

Ingredients
- 2 Tbsp olive oil
- 2 cloves of garlic, minced
- 1 red onion, sliced
- 1 bulb of fennel, trimmed and thinly sliced (retain the fennel fronds for garnish)
- 1 red pepper, trimmed and thinly sliced
- 1/4 tsp dried thyme
- 1/4 tsp dried oregano
- 1 x 28 oz. can of tomatoes
- 1/3 cup black olived, pitted
- 4 filets of cod

Directions

1. Preheat oven to 350 degrees.

2. In a large skillet, warm olive oil over medium heat. Toss in garlic, onions and fennel and sauté about five minutes until vegetables begin to soften. Add peppers and herbs and cook another three minutes.

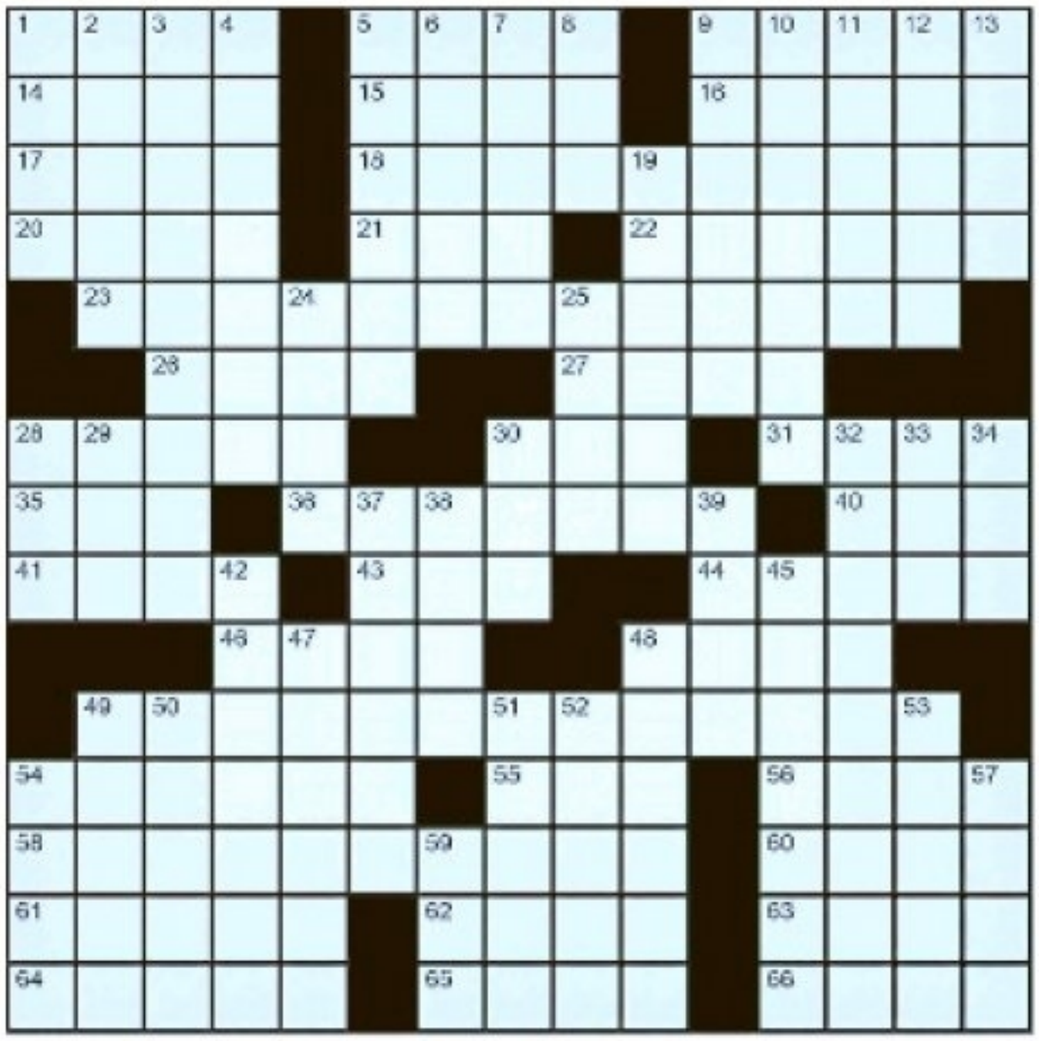
3. Add tomatoes and olives. Use the back of a wooden spoon to break up tomatoes. Allow to simmer and thicken for about 10 minutes.

4. Pour the sauce into a baking dish. Lay the cod over the sauce and bake for 12 to 15 minutes, until fish is flaky. Sprinkle finely chopped fennel fronds over top.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Butterfingers
5. Worker's two-days-from-Wed. holler!
9. Grammy, for one
14. Conspiracy
15. Forearm bone
16. Battle royal
17. Country of West Africa
18. 2017: It's on display more than ever during Canada 150
20. Fair
21. Dutch city
22. Pope's emissary
23. Song on The Tragically Hip's 'Road Apples' album alluding to the legendary afterlife: 2 wds.
26. Early helicopter
27. Not as much
28. _-Barbera (Cartoon-creating team)
30. Rihanna's "_-_-_ (Rescue Me)"
31. Maple trees' drinks
35. Camel hair garment
36. Sorts of seals
40. Gladiator's 3
41. Narrate
43. Jay Z's wife, to pals
44. Job seeker's interviewer
46. Comic Mr. Sandler
48. Brewery kiln
49. The Tragically Hip tune with an office setting video: 4 wds.
54. Fun piece of jewellery
55. "Gee!", to a Scot
56. Ms. Del Rey
58. Not difficult to enter, as a building
60. Winnipeg's Portage and Ottawa's Carling, e.g.
61. Mother-of-pearl
62. Untruther
63. Shipbuilding wood
64. Murders bugs this way
65. Academic terms, for short
66. Antiquities

DOWN
1. Goes for
2. Distant in demeanor
3. Warning for mariners: 2 wds.
4. Acted as a replacement for somebody: 2 wds.
5. Mississippi city where Elvis Presley was born
6. Air freshener brand
7. Prefix with 'continental'
8. Way out
9. Secret love affairs
10. Non-dry quality
11. "The Brady Bunch" housekeeper
12. Pine tree stuff
13. Garage band's CD
19. Consume
24. Pull along
25. Plum-like fruit
28. Fedora, for one
29. Bart Simpson's grandfather
30. Hue of blue
32. It sometimes results in jet lag: 2 wds.
33. Apple _
34. Gentleman's title
37. Puts down
38. Quasi
39. Canadian telecommunications firm
42. Miranda of country tunes
45. Sequester
47. Edible seaweeds
48. Nicole Kidman movie, "The _" (2001)
49. Particular parrot
50. Icky-sounding plant
51. Canadian actress Ms. Smulders
52. Happy as _ _ (Glad)
53. Work the dough
54. Ray-_ (Sunglasses)
57. Is inquisitive
59. They, in Tadoussac

✷ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

♈ **Aries** March 21 - April 20
Your relationships with bosses and authority figures today will be easygoing. They will be willing to listen to you, and you will be willing to listen to them. Of course, this doesn't mean you will agree.

♉ **Taurus** April 21 - May 21
Because your appreciation of beauty is heightened today, give yourself a chance to enjoy beautiful places and things. Visit art galleries, museums, beautiful buildings and parks.

♊ **Gemini** May 22 - June 21
If you have to share something with someone today, be careful to protect your own best interests. It's good to be generous — but don't be a doormat.

♋ **Cancer** June 22 - July 23
Because the Moon today is opposite your sign, you must go more than halfway when dealing with others. This simply requires some tolerance and patience.

♌ **Leo** July 24 - Aug. 23
Do something today that will help you feel better organized. Set aside 15 minutes, and use this time to tidy up things and get on top of your game.

♍ **Virgo** Aug. 24 - Sept. 23
This is a creative day for you. If you work in the arts, you will be productive. Trust your imagination and your artistic skills. You also feel sensitive to the needs of children.

♎ **Libra** Sept. 24 - Oct. 23
This is a good day for family discussions because everyone will feel mutually sympathetic. If you cannot help someone, you can at least listen with genuine understanding.

♏ **Scorpio** Oct. 24 - Nov. 22
You might spend a lot of time daydreaming today. Your imagination also is heightened, which is why flights of fantasy might take up some time.

♐ **Sagittarius** Nov. 23 - Dec. 21
If shopping today, you might be tempted to spend too much money on something luxurious and extravagant. Think about this carefully. Save your receipts.

♑ **Capricorn** Dec. 22 - Jan. 20
You feel more emotional than usual today. Knowing this, be careful not to overreact if you're unhappy about something. Be cool.

♒ **Aquarius** Jan. 21 - Feb. 19
Today you will prefer to work alone or behind the scenes because it feels better. You're not prepared to stick your neck out, which probably is wise.

♓ **Pisces**
Feb. 20 - March 20
Today you will prefer to work alone or behind the scenes because it feels better. You're not prepared to stick your neck out, which probably is wise.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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		3		7			9	

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PARTICIPANT S NEEDED: YOUTH AND YOUNG ADULT MENTAL HEALTH STUDY

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- Concerned about recent changes in your **thoughts, behavior or experiences?** OR
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This study has been approved by the Conjoint Health Research Ethics board Ethics ID: REB14-1710

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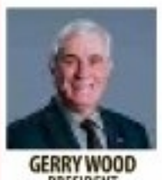

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*Mobile calls, long distance calls and text messages must be made and sent by a subscriber. Regular charges apply.

Today, let's talk!

Clara Hughes